

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 8 - 70 Metre Sprint**

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Region: R 10.97		22/02/2015	Tuliana Kabuyawa, Hills District		
State: S 10.54		16/03/1980	Annette Cavanagh, Blacktown		
Name	Age	Centre	Seed	Heats	H#
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Heats					
1	Lennie Nix	Penrith	12.39	11.96Q	1
2	Aleksa Kesten	Minchinbury	12.89	12.01Q	2
3	Talia Markwick	Hills District	13.17	12.90Q	1
3	Tora Rochester	Riverstone	13.21	12.90Q	1
5	Keira Ann Alderson	Penrith	13.56	12.94Q	2
6	Bonnimae Jarrett	Rouse Hill Rams	13.08	12.97Q	2
7	Sally Dunn	The Ponds	14.24	12.94q	1
8	Ashleigh Mear	Hills District	13.41	13.08q	2
9	Emily Sztelma	Cranebrook	13.81	13.17	2
10	Lexi Young	Emu Plains	14.01	13.19	2
11	Alea Van Der Merwe	Quakers Hill	14.31	13.20	1
12	Liana Ann Alderson	Penrith	13.71	13.32	1
13	Mia Spasovic	Hills District	13.68	13.34	1
14	Amaya Koopu	Doonside	14.85	13.39	2

Girls U 8 - 70 Metre Sprint

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Region: R 10.97		22/02/2015	Tuliana Kabuyawa, Hills District		
State: S 10.54		16/03/1980	Annette Cavanagh, Blacktown		
Name	Age	Centre	Heats	Final	Points
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Final					
1	Lennie Nix	Penrith	11.96	12.01	
2	Aleksa Kesten	Minchinbury	12.01	12.07	
3	Tora Rochester	Riverstone	12.90	12.59	
4	Bonnimae Jarrett	Rouse Hill Rams	12.97	12.67	
5	Keira Ann Alderson	Penrith	12.94	12.68	
6	Sally Dunn	The Ponds	12.94	12.85	
7	Ashleigh Mear	Hills District	13.08	12.86	
8	Talia Markwick	Hills District	12.90	12.91	

Girls U 9 - 70 Metre Sprint

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Region: R 10.53		17/02/2013	Osaru Airhumwunde, Mt Druitt		
State: S 10.14		22/03/1998	Briony Kanard, Port Hacking		
Name	Age	Centre	Seed	Heats	H#
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Heats					
1	Imogen Wynne	Kings Langley	11.63	11.37Q	1
2	Haven Puapua	Prospect	12.31	11.63Q	2
3	Lilly Huang	Quakers Hill	12.55	11.65Q	2
4	Gabriela Casado	Rouse Hill Rams	12.44	11.98Q	1
5	Maddison Thomas	Hills District	11.98	11.72Q	2
6	Livia Muccino	Winston Hills	12.20	12.03Q	1
7	Ruby Masters	Hills District	12.14	11.84q	2
8	Lyla Sofiak	Hills District	12.43	12.05q	1
9	Isabelle Vintila	The Ponds	13.08	12.16	1
10	Marguerite Toohey	Emu Plains	12.27	12.25	2
11	Cassidy Kelly	Penrith	12.27	12.43	1
12	Tisya Patel	Hills District	12.82	12.51	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - 70 Metre Sprint**

13	Tatiana Krieschova	Winston Hills	13.01	12.74	1
14	Alex-Jane Burns	Doonside	14.41	13.01	2
15	Isabelle Plunkett	Penrith	13.33	13.68	2

Girls U 9 - 70 Metre Sprint

Region: R 10.53 17/02/2013 Osaru Airhumwunde, Mt Druitt

State: S 10.14 22/03/1998 Briony Kanard, Port Hacking

Name	Age	Centre	Heats	Final	Points
Final					
1	Imogen Wynne	Kings Langley	11.37	11.24	
2	Ruby Masters	Hills District	11.84	11.59	
3	Maddison Thomas	Hills District	11.72	11.62	
4	Haven Puapua	Prospect	11.63	11.63	
5	Lilly Huang	Quakers Hill	11.65	11.65	
6	Gabriela Casado	Rouse Hill Rams	11.98	11.98	
7	Livia Muccino	Winston Hills	12.03	12.07	
8	Lyla Sofiak	Hills District	12.05	12.09	

Girls U 10 - 70 Metre Sprint

Region: R 10.42 22/02/2015 Clara Nourdine, Doonside

State: S 9.84 19/03/2000 Grace Naseby, Griffith

Name	Age	Centre	Seed	Heats	H#
Heats					
1	Jayda Isherwood	Winston Hills	10.91	10.90Q	1
1	Luvini Dissanayake	Doonside	11.98	10.90Q	1
3	Chelsea Wright	Werrington	11.40	10.92Q	2
4	Penelope Jokic	Hills District	11.22	11.07Q	2
5	Arielle Foster	Colyton St Clair	11.82	11.34Q	2
6	Emily Deverson	Hills District	11.44	11.37Q	1
7	Emily Atwon Oyoo	Prospect	12.43	11.46q	1
8	Caylee Thornton	Quakers Hill	12.52	11.47q	2
9	Havana Pagnamenta	Penrith	12.26	11.68	2
10	Isla Berry	Hills District	11.65	11.77	1
11	Sienna Ascencio	Werrington	12.15	11.79	2
12	Rasleen Gill	Penrith	12.51	11.92	2
13	Lilla Van Ross	Hills District	11.97	11.96	1
14	Katie Lucas	Quakers Hill	17.28	16.28	1

Girls U 10 - 70 Metre Sprint

Region: R 10.42 22/02/2015 Clara Nourdine, Doonside

State: S 9.84 19/03/2000 Grace Naseby, Griffith

Name	Age	Centre	Heats	Final	Points
Final					
1	Luvini Dissanayake	Doonside	10.90	10.78	
2	Jayda Isherwood	Winston Hills	10.90	10.85	
3	Chelsea Wright	Werrington	10.92	10.93	
4	Penelope Jokic	Hills District	11.07	11.14	
5	Emily Deverson	Hills District	11.37	11.27	
6	Arielle Foster	Colyton St Clair	11.34	11.40	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 10 - 70 Metre Sprint**

7 Caylee Thornton	Quakers Hill	11.47	11.59
8 Emily Atwon Oyoo	Prospect	11.46	11.74

Girls U 8 - 100 Metre Sprint

Region: R 15.40 21/02/2015 Tuliana Kabuyawa, Hills District
 State: S 14.44 23/03/1979 Helen Clarke, Orange

Name	Age Centre	Seed	Heats	H#
Heats				
1 Madison Adams	Doonside	18.58	16.59Q	2
2 Lennie Nix	Penrith	17.68	17.74Q	1
3 Aleksa Kesten	Minchinbury	18.46	16.93Q	2
4 Keira Ann Alderson	Penrith	18.47	18.99Q	1
5 Lara Batey	Hills District	18.28	17.29Q	2
6 Liana Ann Alderson	Penrith	18.49	19.25Q	1
7 Sally Dunn	The Ponds	19.91	18.03q	2
8 Sarah Malueth	Mt Druitt	19.89	18.15q	2
9 Lexi Young	Emu Plains	20.42	18.62	2
10 Bonnimae Jarrett	Rouse Hill Rams	19.22	18.70	2
11 Salwa Bol	Werrington	20.42	18.97	2
12 Ashleigh Mear	Hills District	19.92	19.43	1
13 Emily Sztelma	Cranebrook	19.49	19.73	1
14 Deslyn Corpus	Winston Hills	20.18	20.23	1

Girls U 8 - 100 Metre Sprint

Region: R 15.40 21/02/2015 Tuliana Kabuyawa, Hills District
 State: S 14.44 23/03/1979 Helen Clarke, Orange

Name	Age Centre	Heats	Final	Points
Final				
1 Lennie Nix	Penrith	17.74	17.27	
2 Madison Adams	Doonside	16.59	17.31	
3 Aleksa Kesten	Minchinbury	16.93	17.69	
4 Lara Batey	Hills District	17.29	18.38	
5 Sally Dunn	The Ponds	18.03	18.46	
6 Sarah Malueth	Mt Druitt	18.15	18.57	
7 Keira Ann Alderson	Penrith	18.99	18.68	
8 Liana Ann Alderson	Penrith	19.25	19.42	

Girls U 9 - 100 Metre Sprint

Region: R 14.88 16/02/2013 Osaru Airhumwunde, Mt Druitt
 State: S 14.14 23/03/1979 Kate Farrell, Holroyd
 State: S 14.14 15/03/1980 Helen Clarke, Orange

Name	Age Centre	Seed	Heats	H#
Heats				
1 Imogen Wynne	Kings Langley	16.21	16.23Q	2
2 Maddison Thomas	Hills District	16.50	16.93Q	1
3 Haven Puapua	Prospect	17.02	16.49Q	2
4 Mia Ebejer	Minchinbury	17.79	16.95Q	1
5 Ruby Masters	Hills District	16.51	16.99Q	1
6 Livia Muccino	Winston Hills	16.90	17.41Q	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - 100 Metre Sprint**

7 Lilly Huang	Quakers Hill	17.02	17.10q	1
8 Giselle Stopins	Colyton St Clair	17.48	17.53q	1
9 Darcie Kearney	Rouse Hill Rams	17.75	17.65	1
10 Brae Aldaba	Riverstone	17.56	17.69	2
11 Arielle Burville	The Ponds	18.15	17.93	1
12 Harper Egglestone	Emu Plains	17.74	17.94	2
13 Cassidy Kelly	Penrith	18.04	17.95	1
14 Malia Odhiambo	Emu Plains	18.18	18.00	2
15 Madison Herrero	Werrington	17.93	18.03	2

Girls U 9 - 100 Metre Sprint

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 Region: R 14.88 16/02/2013 Osaru Airhumwunde, Mt Druitt
 State: S 14.14 23/03/1979 Kate Farrell, Holroyd
 State: S 14.14 15/03/1980 Helen Clarke, Orange

Name	Age	Centre	Heats	Final	Points
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Final

1 Imogen Wynne	Kings Langley	16.23	15.88	
2 Haven Puapua	Prospect	16.49	16.06	
3 Maddison Thomas	Hills District	16.93	16.27	
4 Mia Ebejer	Minchinbury	16.95	16.55	
5 Ruby Masters	Hills District	16.99	16.64	
6 Lilly Huang	Quakers Hill	17.10	16.93	
7 Livia Muccino	Winston Hills	17.41	17.28	

Girls U 10 - 100 Metre Sprint

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 Region: R 14.10 15/02/2014 Osaru Airhumwunde, Mt Druitt
 State: S 13.54 12/03/1978 Annette Osborne, Lethbridge Park
 State: S 13.54 23/03/1991 Rosemary Hayward, Wyong

Name	Age	Centre	Seed	Heats	H#
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Heats

1 Jayda Isherwood	Winston Hills	15.85	15.48Q	2
2 Justice Sugumaran	Winston Hills	15.43	15.55Q	1
3 Chelsea Wright	Werrington	15.53	15.80Q	2
4 Penelope Jokic	Hills District	15.94	16.35Q	1
5 Luvini Dissanayake	Doonside	16.38	15.82Q	2
6 Emily Deverson	Hills District	16.12	16.38Q	1
7 Arielle Foster	Colyton St Clair	17.00	16.06q	2
8 Caylee Thornton	Quakers Hill	17.26	16.53q	2
9 Giselle Desira	Rouse Hill Rams	16.95	16.88	2
10 Sienna Ascencio	Werrington	17.41	17.12	1
11 Bronte Carr	Blacktown	17.04	17.14	1
12 Lilla Van Ross	Hills District	16.79	17.36	1
13 Olivia Vrataric	Blacktown	16.75	17.51	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 10 - 100 Metre Sprint**

Region: R 14.10 15/02/2014 Osaru Airhumwunde, Mt Druitt
 State: S 13.54 12/03/1978 Annette Osborne, Lethbridge Park
 State: S 13.54 23/03/1991 Rosemary Hayward, Wyong

Name	Age	Centre	Heats	Final	Points
Final					
1 Justice Sugumaran		Winston Hills	15.55	15.26	
2 Jayda Isherwood		Winston Hills	15.48	15.62	
3 Chelsea Wright		Werrington	15.80	15.71	
4 Luvini Dissanayake		Doonside	15.82	15.87	
5 Emily Deverson		Hills District	16.38	16.02	
6 Arielle Foster		Colyton St Clair	16.06	16.17	

Girls U 11 - 100 Metre Sprint

Region: R 13.76 21/02/2015 Jessica Laurance, Doonside
 State: S 12.94 12/03/1978 Michelle Moroney, Bankstown

Name	Age	Centre	Seed	Heats	H#
Heats					
1 Portia Kearney		Rouse Hill Rams	15.23	15.01Q	1
2 Chelsea Chapman		Riverstone	14.91	15.21Q	2
3 Stephanie Xu		Hills District	15.04	15.10Q	1
4 Lucy Sherwood		Hills District	15.33	15.36Q	2
5 Sienna Jackson		Hills District	15.63	15.68Q	2
6 Lila Oliver		Hills District	15.76	15.83Q	1
7 Chloe Williams		Werrington	16.30	15.79q	2
8 Gabriella Caccamo		Tallawong Park	16.16	15.92q	1
9 Hannah Baker		Rouse Hill Rams	15.77	16.16	1
10 Sienna Choo		The Ponds	16.65	16.18	2
11 Emma Buckley		Hills District	16.21	16.19	1
12 Phoebe Morris		Werrington	16.15	16.35	2
13 Emily Dawes		Tallawong Park	16.91	16.41	1
14 Ella Long		Werrington	16.70	16.58	1
15 Abigail Marvin		Quakers Hill	17.33	17.18	2

Girls U 11 - 100 Metre Sprint

Region: R 13.76 21/02/2015 Jessica Laurance, Doonside
 State: S 12.94 12/03/1978 Michelle Moroney, Bankstown

Name	Age	Centre	Heats	Final	Points
Final					
1 Portia Kearney		Rouse Hill Rams	15.01	14.85	
2 Stephanie Xu		Hills District	15.10	14.92	
3 Chelsea Chapman		Riverstone	15.21	14.94	
4 Lucy Sherwood		Hills District	15.36	15.30	
5 Sienna Jackson		Hills District	15.68	15.57	
6 Lila Oliver		Hills District	15.83	15.68	
7 Chloe Williams		Werrington	15.79	15.70	
8 Gabriella Caccamo		Tallawong Park	15.92	15.88	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 12 - 100 Metre Sprint**

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 Region: R 13.23 17/02/2018 Mia Friesendorff, Doonside
 State: S 12.53 24/03/2018 Chelsea Ezeoke, Wollongong City
 State: S 12.64 16/03/2002 Jacinta Doyle, Port Hacking
 State: S 12.64 19/02/2005 Annaliese Gardiner, Ku-Ring-Gai
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Name	Age	Centre	Seed	Heats	H#
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Heats

1	Beyza Sevdimbass	Hills District	13.78	13.97Q	2
2	Olivia Scott-Rogers	Hills District	14.46	14.33Q	1
3	Amelia Farag	Doonside	15.10	14.66Q	1
4	Ishanvi Tiwari	Hills District	14.93	14.99Q	2
5	Matilda Oxley	Quakers Hill	15.39	14.74Q	1
6	Tamara Davies	Hawkesbury City	14.88	15.17Q	2
7	Emelia Muccino	Winston Hills	14.79	15.10q	1
8	Savannah Hill	Doonside	15.80	15.26q	1
9	Lilly Brown	Emu Plains	15.19	15.30	1
10	Charlotte Scott-Rogers	Hills District	15.26	15.44	2
11	Eva Bryant	The Ponds	16.63	15.65	1
12	Alexis South	Colyton St Clair	15.40	15.66	1
13	Amelia Johnston	Winston Hills	15.33	16.09	2
14	Laylah Golden	Werrington	15.53	16.13	2

Girls U 12 - 100 Metre Sprint

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 Region: R 13.23 17/02/2018 Mia Friesendorff, Doonside
 State: S 12.53 24/03/2018 Chelsea Ezeoke, Wollongong City
 State: S 12.64 16/03/2002 Jacinta Doyle, Port Hacking
 State: S 12.64 19/02/2005 Annaliese Gardiner, Ku-Ring-Gai
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Name	Age	Centre	Heats	Final	Points
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Final

1	Beyza Sevdimbass	Hills District	13.97	13.67	
2	Olivia Scott-Rogers	Hills District	14.33	14.24	
3	Ishanvi Tiwari	Hills District	14.99	14.38	
4	Amelia Farag	Doonside	14.66	14.43	
5	Matilda Oxley	Quakers Hill	14.74	14.49	
6	Tamara Davies	Hawkesbury City	15.17	14.98	
7	Savannah Hill	Doonside	15.26	15.03	
8	Emelia Muccino	Winston Hills	15.10	15.22	

Girls U 13 - 100 Metre Sprint

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 Region: R 12.88 9/02/2019 Tuliana Kabuyawa, Hills District
 State: S 12.34 15/03/1986 Jo-anne Swan, Camden
 State: S 12.34 7/03/1987 Rebecca Vormister, Wollongong
 State: S 12.34 17/03/1996 Haylee Mathieson, Wollongong
 State: S 12.34 19/02/2005 Laura Turner, Port Hacking
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Name	Age	Centre	Seed	Heats	H#
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Heats

1	Angelina Burford	Hills District	13.68	13.83Q	1
2	Violet Langley	Emu Plains	14.16	14.21Q	2
3	Gabriela Ribeiro	Hills District	14.20	14.27Q	1
4	Charlotte Bradshaw	Penrith	14.14	14.43Q	2
5	Amber Reveley	Tallawong Park	14.89	14.38Q	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 13 - 100 Metre Sprint**

6	Sophie Saxon	Hills District	14.68	14.67Q	2
7	Jordyn Deen	Hills District	14.36	14.60q	1
8	Vera Boafo	Prospect	15.29	14.71q	1
9	Gabriella Baker	Blacktown	15.26	14.74	2
10	Betty Tanaki	Hills District	14.64	14.84	2
11	Lacey Wynne	Kings Langley	15.39	14.91	1
12	Victoria Dunn	Hawkesbury City	14.82	15.15	1
13	Marlee Gill	Riverstone	15.54	16.00	2
14	Amelia Griggs	Cranebrook	17.29	17.29	1

Girls U 13 - 100 Metre Sprint

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Region: R 12.88  9/02/2019  Tuliana Kabuyawa, Hills District
State: S 12.34  15/03/1986  Jo-anne Swan, Camden
State: S 12.34  7/03/1987  Rebecca Vormister, Wollongong
State: S 12.34  17/03/1996  Haylee Mathieson, Wollongong
State: S 12.34  19/02/2005  Laura Turner, Port Hacking

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Name	Age	Centre	Heats	Final	Points
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Final

1	Angelina Burford	Hills District	13.83	13.75
2	Gabriela Ribeiro	Hills District	14.27	14.13
3	Violet Langley	Emu Plains	14.21	14.15
4	Charlotte Bradshaw	Penrith	14.43	14.16
5	Amber Reveley	Tallawong Park	14.38	14.23
6	Jordyn Deen	Hills District	14.60	14.60
7	Sophie Saxon	Hills District	14.67	14.61
8	Vera Boafo	Prospect	14.71	14.73

Girls U 14 - 100 Metre Sprint

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Region: R 12.63  17/02/2018  Jessica Laurance, Doonside
State: S 12.14  23/03/1991  Shelley Peattie, Macquarie Shores

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Name	Age	Centre	Seed	Heats	H#
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Heats

1	Mikayla Muscat	Hills District	13.33	13.67Q	1
2	Lily Caines	Rouse Hill Rams	13.48	14.07Q	2
3	Ainsley Giampietro	Emu Plains	14.07	14.27Q	1
4	Lily Johnston	Winston Hills	13.82	14.49Q	2
5	Tanisha Kumar	Hills District	14.55	14.61Q	2
6	Lilli Kandel	Werrington	14.43	14.78Q	1
7	Summer Reynolds	Minchinbury	15.86	14.65q	2
8	Charlotte Mear	Hills District	15.16	15.32q	1
9	Yasmin Khaliqi	Quakers Hill	16.26	15.33	1
10	Andra Vintila	The Ponds	16.62	15.84	2
11	Irena Aifantis	Kings Langley	15.92	16.69	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 14 - 100 Metre Sprint**

Region: R 12.63 17/02/2018 Jessica Laurance, Doonside

State: S 12.14 23/03/1991 Shelley Peattie, Macquarie Shores

Name	Age Centre	Heats	Final	Points
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Final

1 Mikayla Muscat	Hills District	13.67	13.47	
2 Lily Caines	Rouse Hill Rams	14.07	13.91	
3 Ainsley Giampietro	Emu Plains	14.27	14.01	
4 Lily Johnston	Winston Hills	14.49	14.40	
5 Tanisha Kumar	Hills District	14.61	14.52	
6 Lilli Kandel	Werrington	14.78	14.58	
7 Summer Reynolds	Minchinbury	14.65	14.87	
8 Charlotte Mear	Hills District	15.32	14.89	

Girls U 15 - 100 Metre Sprint

Region: R 12.54 17/02/2018 Gabrielle Bingham, Prospect

State: S 12.04 21/03/1992 Sonia Willis, Wagga PCYC

State: S 12.04 20/03/1999 Preya Carey, Hills District

Name	Age Centre	Seed	Heats	H#
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Heats

1 Annissa Quee	Hills District	13.15	13.10Q	2
2 Charlotte Fleming	Rouse Hill Rams	13.58	13.28Q	1
3 Nekea Talaia	Emu Plains	12.85	13.53Q	1
4 Shivani Sundaranathan	Hills District	13.41	13.54Q	2
5 Joelle Tham	Hills District	14.04	14.15Q	1
6 Jenna Lean	Rouse Hill Rams	14.76	14.67Q	2
7 Mia Patel	Prospect	16.06	14.76q	1
8 Emily Nolan	Rouse Hill Rams	15.16	14.77q	2
9 Grace Nolan	Rouse Hill Rams	15.13	15.02	1
10 Sophie Mcpherson	Penrith	14.65	15.29	2
11 Kaia O'Donnell	The Ponds	16.35	15.76	1
12 Emma Lange	Rouse Hill Rams	15.91	15.77	2

Girls U 15 - 100 Metre Sprint

Region: R 12.54 17/02/2018 Gabrielle Bingham, Prospect

State: S 12.04 21/03/1992 Sonia Willis, Wagga PCYC

State: S 12.04 20/03/1999 Preya Carey, Hills District

Name	Age Centre	Heats	Final	Points
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Final

1 Nekea Talaia	Emu Plains	13.53	12.70	
2 Annissa Quee	Hills District	13.10	13.01	
3 Charlotte Fleming	Rouse Hill Rams	13.28	13.15	
4 Shivani Sundaranathan	Hills District	13.54	13.63	
5 Joelle Tham	Hills District	14.15	14.27	
6 Emily Nolan	Rouse Hill Rams	14.77	14.71	
7 Mia Patel	Prospect	14.76	14.73	
8 Jenna Lean	Rouse Hill Rams	14.67	14.87	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 17 - 100 Metre Sprint**

Region: R 12.15 9/02/2019 Jessica Laurance, Doonside
 State: S 11.89 28/01/2017 Maisie Stevens, Eastern Suburbs

Name	Age	Centre	Seed	Final	Points
1 Nikaela Luz		Hills District	13.16	13.24	
2 Raphaila Idris		Blacktown	13.47	13.37	
3 Talahn Paki		Hills District	13.33	13.39	
4 Lauryn Kasozi		Hills District	13.98	13.96	
5 Eva Erdogan		Winston Hills	13.93	14.12	
6 Ava Pelaez		Hills District	14.03	14.23	
7 Natasha Muttoo		Prospect	15.03	14.40	

Girls U 8 - 200 Metre Sprint

Region: R 32.35 22/02/2015 Tuliana Kabuyawa, Hills District
 State: S 31.74 18/03/1984 Bronwyn Piening, Nepean
 State: S 31.74 16/02/1997 Emily Pollett, Manly Warringah

Name	Age	Centre	Seed	Heats	H#
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Heats

1 Lennie Nix		Penrith	39.80	36.09Q	1
2 Madison Adams		Doonside	41.75	36.60Q	2
3 Lara Batey		Hills District	38.83	36.87Q	2
4 Annabelle Clifton		Prospect	41.64	37.24Q	1
5 Aaliyah McCarron		Werrington	42.08	38.64Q	2
6 Caitlin Butler		Rouse Hill Rams	42.15	39.52Q	1
7 Tora Rochester		Riverstone	40.48	39.40q	2
8 Sally Dunn		The Ponds	44.46	39.60q	1
9 Olivia Hams Garriga		Hills District	39.97	39.71	1
10 Crystal Webster		Hills District	42.17	40.47	1
11 Talia Markwick		Hills District	41.11	40.88	2
12 Ashleigh Mear		Hills District	43.05	41.13	2
13 Salwa Bol		Werrington	47.89	41.21	2
14 Evelyn Akers		Hills District	44.24	41.31	2
15 Lexi Young		Emu Plains	45.21	41.45	1

Girls U 8 - 200 Metre Sprint

Region: R 32.35 22/02/2015 Tuliana Kabuyawa, Hills District
 State: S 31.74 18/03/1984 Bronwyn Piening, Nepean
 State: S 31.74 16/02/1997 Emily Pollett, Manly Warringah

Name	Age	Centre	Heats	Final	Points
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Final

1 Lennie Nix		Penrith	36.09	35.56	
2 Lara Batey		Hills District	36.87	36.12	
3 Madison Adams		Doonside	36.60	36.15	
4 Annabelle Clifton		Prospect	37.24	36.56	
5 Caitlin Butler		Rouse Hill Rams	39.52	38.39	
6 Aaliyah McCarron		Werrington	38.64	38.59	
7 Sally Dunn		The Ponds	39.60	39.35	
8 Tora Rochester		Riverstone	39.40	39.83	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 9 - 200 Metre Sprint**

Region: R 30.59 21/02/2016 Tuliana Kabuyawa, Hills District

State: S 28.74 25/03/1990 Rosemary Hayward, Wyong

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Alanna Thornton	Penrith	37.51	33.52Q	2
2	Imogen Wynne	Kings Langley	33.35	34.01Q	1
3	Lilly Huang	Quakers Hill	37.18	34.50Q	1
4	Hannah Johnston	Winston Hills	35.08	35.21Q	2
5	Haven Puapua	Prospect	38.77	34.65Q	1
6	Ruby Masters	Hills District	35.67	35.48Q	2
7	Brae Aldaba	Riverstone	35.97	35.51q	1
8	Maya Bryant	The Ponds	39.47	35.62q	1
9	Mia Ebejer	Minchinbury	38.85	35.67	2
10	Darcie Kearney	Rouse Hill Rams	37.57	36.14	2
11	Giselle Stopins	Colyton St Clair	38.11	36.55	1
12	Skye Lawn	Nepean	41.00	37.51	2
13	Isabelle Vintila	The Ponds	41.47	38.99	1

Girls U 9 - 200 Metre Sprint

Region: R 30.59 21/02/2016 Tuliana Kabuyawa, Hills District

State: S 28.74 25/03/1990 Rosemary Hayward, Wyong

Name	Age	Centre	Heats	Final	Points
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Final

1	Imogen Wynne	Kings Langley	34.01	32.72	
2	Alanna Thornton	Penrith	33.52	32.94	
3	Lilly Huang	Quakers Hill	34.50	33.84	
4	Haven Puapua	Prospect	34.65	34.81	
5	Brae Aldaba	Riverstone	35.51	35.28	
6	Hannah Johnston	Winston Hills	35.21	35.30	
7	Ruby Masters	Hills District	35.48	35.31	

Girls U 10 - 200 Metre Sprint

Region: R 30.05 17/02/2013 Caitlin Preston, Doonside

State: S 28.22 21/03/2010 Kristie Edwards, Manly Warringah

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Savannah Cox	Hills District	31.24	31.14Q	1
2	Emily West	Hills District	31.77	32.10Q	2
3	Justice Sugumaran	Winston Hills	33.34	32.74Q	1
4	Tahlia Chapman	Hawkesbury City	33.20	33.55Q	2
5	Luvini Dissanayake	Doonside	36.06	33.24Q	1
6	Olivia Vrataric	Blacktown	37.38	33.80Q	2
7	Arielle Foster	Colyton St Clair	34.55	33.68q	1
8	Grace Gadd	Hills District	34.66	33.84q	2
9	Achok Mow	Prospect	37.79	34.49	1
10	Emily Atwon Oyoo	Prospect	39.07	34.69	2
11	Bronte Carr	Blacktown	36.43	34.82	2
12	Sienna Ascencio	Werrington	35.89	35.60	2
13	Ava Pale-Eli	Minchinbury	38.43	35.64	1
14	Sophie Griggs	Cranebrook	42.87	40.51	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 10 - 200 Metre Sprint**

Region: R 30.05 17/02/2013 Caitlin Preston, Doonside					
State: S 28.22 21/03/2010 Kristie Edwards, Manly Warringah					
Name	Age	Centre	Heats	Final	Points
Final					
1	Justice	Sugumaran	Winston Hills	32.74	31.43
2	Emily	West	Hills District	32.10	31.86
3	Tahlia	Chapman	Hawkesbury City	33.55	32.96
4	Luvini	Dissanayake	Doonside	33.24	33.04
5	Grace	Gadd	Hills District	33.84	33.12
6	Arielle	Foster	Colyton St Clair	33.68	34.01
7	Olivia	Vrataric	Blacktown	33.80	35.66
--	Savannah	Cox	Hills District	31.14	DQ

Girls U 11 - 200 Metre Sprint

Region: R 28.59 22/02/2015 Jessica Laurance, Doonside					
State: S 26.12 19/03/2017 Chelsea Ezeoke, Albion Park					
Name	Age	Centre	Seed	Heats	H#
Heats					
1	Lucy	Sherwood	Hills District	30.95	30.71Q 2
2	Chelsea	Chapman	Riverstone	30.31	30.73Q 1
3	Portia	Kearney	Rouse Hill Rams	32.06	31.31Q 1
4	Madison	Harris	Hills District	30.97	31.86Q 2
5	Stephanie	Xu	Hills District	31.33	31.57Q 1
6	Matilda	Grant	Winston Hills	34.41	32.41Q 2
7	Gabriella	Caccamo	Tallawong Park	36.26	32.51q 2
8	Jacyrae	Brown	Riverstone	33.82	32.88q 2
9	Sienna	Choo	The Ponds	35.76	32.96 1
10	Skylla	Richardson	Emu Plains	37.48	33.82 2
11	Abigail	Marvin	Quakers Hill	39.67	35.95 2
12	Emily	Dawes	Tallawong Park	38.24	36.40 1
13	Amelia	Salih	Colyton St Clair	38.98	36.51 2

Girls U 11 - 200 Metre Sprint

Region: R 28.59 22/02/2015 Jessica Laurance, Doonside					
State: S 26.12 19/03/2017 Chelsea Ezeoke, Albion Park					
Name	Age	Centre	Heats	Final	Points
Final					
1	Chelsea	Chapman	Riverstone	30.73	29.91
2	Lucy	Sherwood	Hills District	30.71	29.97
3	Portia	Kearney	Rouse Hill Rams	31.31	30.64
4	Madison	Harris	Hills District	31.86	31.46
5	Stephanie	Xu	Hills District	31.57	31.57
6	Gabriella	Caccamo	Tallawong Park	32.51	32.55
7	Matilda	Grant	Winston Hills	32.41	32.62
8	Jacyrae	Brown	Riverstone	32.88	34.43

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 12 - 200 Metre Sprint**

Region: R 27.02 21/02/2016 Jessica Laurance, Doonside					
State: S 25.69 25/03/2018 Chelsea Ezeoke, Wollongong City					
Name	Age	Centre	Seed	Heats	H#
Heats					
1	Beyza	Sevdimbas	Hills District	28.85	28.58Q 2
2	Ruby	Kernaghan	Hills District	29.21	28.80Q 1
3	Breanna	Pace	Hills District	30.06	28.93Q 2
4	Olivia	Scott-Rogers	Hills District	29.28	29.12Q 1
5	Matilda	Oxley	Quakers Hill	31.36	30.31Q 1
6	Emelia	Muccino	Winston Hills	30.37	30.67Q 2
7	Lilly	Brown	Emu Plains	32.65	31.14q 1
8	Ishanvi	Tiwari	Hills District	32.43	31.39q 1
9	Hannah	Loxley	Werrington	33.26	31.49 1
10	Amelia	Johnston	Winston Hills	32.45	31.94 2
11	Alexis	South	Colyton St Clair	34.27	33.51 2
12	Giaan	Bottino	Quakers Hill	35.07	33.94 1
13	Sophie	Kuach	Werrington	38.28	34.38 2
14	Jessica	Hazell	The Ponds	36.35	35.01 1

Girls U 12 - 200 Metre Sprint

Region: R 27.02 21/02/2016 Jessica Laurance, Doonside					
State: S 25.69 25/03/2018 Chelsea Ezeoke, Wollongong City					
Name	Age	Centre	Heats	Final	Points
Final					
1	Beyza	Sevdimbas	Hills District	28.58	28.06
2	Ruby	Kernaghan	Hills District	28.80	28.09
3	Breanna	Pace	Hills District	28.93	28.64
4	Olivia	Scott-Rogers	Hills District	29.12	29.08
5	Matilda	Oxley	Quakers Hill	30.31	29.79
6	Emelia	Muccino	Winston Hills	30.67	30.60
7	Lilly	Brown	Emu Plains	31.14	31.12
8	Ishanvi	Tiwari	Hills District	31.39	32.53

Girls U 13 - 200 Metre Sprint

Region: R 26.79 10/02/2019 Tuliana Kabuyawa, Hills District					
State: S 24.96 19/03/2017 Alice Dixon, Northern Suburbs					
Name	Age	Centre	Seed	Heats	H#
Heats					
1	Angelina	Burford	Hills District	29.05	28.60Q 1
2	Jordyn	Deen	Hills District	29.69	29.64Q 2
3	Ashlyn	Kelly	Hills District	30.11	29.28Q 1
4	Sophie	Saxon	Hills District	30.78	29.67Q 2
5	Amber	Reveley	Tallawong Park	30.57	29.66Q 1
6	Lacey	Wynne	Kings Langley	29.94	29.69Q 2
7	Gabriella	Baker	Blacktown	30.71	30.23q 2
8	Victoria	Dunn	Hawkesbury City	31.57	30.76q 1
9	Vera	Boafo	Prospect	32.47	30.80 2
10	Tisha	Bernil	Prospect	33.16	31.01 1
11	Amy	Christie	The Ponds	33.22	31.60 1
12	Marlee	Gill	Riverstone	32.78	33.43 2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 13 - 200 Metre Sprint**

13 Amelia Griggs	Cranebrook	39.15	35.88	2
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Girls U 13 - 200 Metre Sprint

Region: R 26.79 10/02/2019 Tuliana Kabuyawa, Hills District

State: S 24.96 19/03/2017 Alice Dixon, Northern Suburbs

Name	Age Centre	Heats	Final	Points
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Final

1 Angelina Burford	Hills District	28.60	28.02	
2 Amber Reveley	Tallawong Park	29.66	29.27	
3 Ashlyn Kelly	Hills District	29.28	29.35	
4 Jordyn Deen	Hills District	29.64	29.55	
5 Sophie Saxon	Hills District	29.67	29.82	
6 Lacey Wynne	Kings Langley	29.69	30.08	
7 Gabriella Baker	Blacktown	30.23	30.18	
8 Victoria Dunn	Hawkesbury City	30.76	31.46	

Girls U 14 - 200 Metre Sprint

Region: R 25.56 9/02/2020 Tuliana Kabuyawa, Hills District

State: S 24.54 16/03/2008 Ella Nelson, Sutherland

Name	Age Centre	Seed	Heats	H#
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Heats

1 Mikayla Muscat	Hills District	28.34	27.94Q	2
2 Lily Caines	Rouse Hill Rams	28.50	28.56Q	1
3 Ainsley Giampietro	Emu Plains	29.71	28.41Q	2
4 Danelia Samuel	Winston Hills	31.24	30.49Q	1
5 Lily Johnston	Winston Hills	29.72	29.50Q	2
6 Lilli Kandel	Werrington	31.25	30.74Q	1
7 Kaydenze Phillips	Nepean	34.31	31.01q	2
8 Winny Lual	Prospect	35.39	31.24q	2
9 Yasmin Khaliqi	Quakers Hill	33.59	31.53	1
10 Akshaya Thilak	Rouse Hill Rams	33.32	33.13	1
11 Irena Aifantis	Kings Langley	35.50	35.78	1

Girls U 14 - 200 Metre Sprint

Region: R 25.56 9/02/2020 Tuliana Kabuyawa, Hills District

State: S 24.54 16/03/2008 Ella Nelson, Sutherland

Name	Age Centre	Heats	Final	Points
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Final

1 Mikayla Muscat	Hills District	27.94	27.18	
2 Lily Caines	Rouse Hill Rams	28.56	27.52	
3 Ainsley Giampietro	Emu Plains	28.41	27.96	
4 Lily Johnston	Winston Hills	29.50	29.58	
5 Danelia Samuel	Winston Hills	30.49	30.25	
6 Kaydenze Phillips	Nepean	31.01	30.49	
7 Lilli Kandel	Werrington	30.74	30.79	
8 Winny Lual	Prospect	31.24	31.10	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - 200 Metre Sprint**

Region: R 25.16 18/02/2018 Gabrielle Bingham, Prospect
 State: S 24.24 20/03/2005 Olivia Tauro, Kurri Kurri
 State: S 24.24 22/02/2009 Ella Nelson, Sutherland

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Annissa Quee	Hills District	26.65	26.55Q	1
2	Shivani Sundaranathan	Hills District	28.30	28.64Q	2
3	Jaedin Le Marseny	Hills District	29.10	28.84Q	1
4	Nekea Talaia	Emu Plains	27.03	28.96Q	2
5	Emily Nolan	Rouse Hill Rams	32.27	30.68Q	2
6	Grace Nolan	Rouse Hill Rams	30.94	30.85Q	1
7	Mia Patel	Prospect	33.35	31.05q	1
8	Sophie Mcpherson	Penrith	32.71	31.25q	1
9	Taya Zammit	Blacktown	34.17	31.26	1
10	Achol Mow	Prospect	33.98	31.30	1
11	Jenna Lean	Rouse Hill Rams	30.98	31.33	2
12	Kaia O'Donnell	The Ponds	35.01	32.94	2

Girls U 15 - 200 Metre Sprint

Region: R 25.16 18/02/2018 Gabrielle Bingham, Prospect
 State: S 24.24 20/03/2005 Olivia Tauro, Kurri Kurri
 State: S 24.24 22/02/2009 Ella Nelson, Sutherland

Name	Age	Centre	Heats	Final	Points
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Final

1	Nekea Talaia	Emu Plains	28.96	25.98	
2	Annissa Quee	Hills District	26.55	26.38	
3	Shivani Sundaranathan	Hills District	28.64	28.38	
4	Jaedin Le Marseny	Hills District	28.84	28.81	
5	Sophie Mcpherson	Penrith	31.25	31.82	
6	Emily Nolan	Rouse Hill Rams	30.68	31.85	
7	Mia Patel	Prospect	31.05	32.12	
8	Grace Nolan	Rouse Hill Rams	30.85	53.52	

Girls U 17 - 200 Metre Sprint

Region: R 25.01 9/02/2020 Jessica Laurance, Doonside
 State: S 24.08 25/03/2018 Caitlin Ferrier, Kurrajong Bilpin

Name	Age	Centre	Seed	Final	Points
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1	hayley schultz	Hills District	28.97	28.71	
2	Ava Pelaez	Hills District	29.30	28.92	
3	Natasha Mutton	Prospect	32.73	29.29	
4	Olivia Pascal	Colyton St Clair	31.70	29.75	
5	Leah Joseph	Penrith	34.57	30.74	
6	Caitlyn Griggs	Cranebrook	35.59	33.57	
7	Chloe Burrows	Penrith	36.16	34.68	
8	Eva Erdogan	Winston Hills	28.66	36.88	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 9 - 400 Metre Sprint**

Region: R 1:13.61 16/02/2013 Ella Buchanan, Hills District

State: S 1:06.64 24/03/1990 Rosemary Hayward, Wyong

Name	Age	Centre	Seed	Final	H#	Points
1 Milla Mare		Rouse Hill Rams	1:22.62	1:19.02	2	
2 Hannah Johnston		Winston Hills	1:21.50	1:21.25	2	
3 Maya Bryant		The Ponds	1:24.48	1:22.33	2	
4 Jenna Haydon		Emu Plains	1:29.14	1:23.33	2	
5 Maisie Brown		Hills District	1:25.26	1:23.61	2	
6 Sienna Marris		Hills District	1:27.40	1:24.38	2	
7 Isla Banks		Riverstone	1:32.04	1:25.07	1	
8 Darcie Kearney		Rouse Hill Rams	1:30.82	1:25.18	2	
9 Keira Gill		Riverstone	1:27.27	1:27.12	2	
10 Matilda Watts		Colyton St Clair	1:37.05	1:27.87	1	
11 Skye Lawn		Nepean	1:33.21	1:28.29	1	
12 Madison Herrero		Werrington	1:32.54	1:30.20	1	
13 Harmony Aspinall-Parkes		Werrington	1:34.69	1:37.85	1	
14 Harlow Olson		Quakers Hill	1:36.86	1:38.38	1	

Girls U 10 - 400 Metre Sprint

Region: R 1:09.84 16/02/2013 Caitlin Preston, Doonside

State: S 1:03.84 15/03/2003 Paige Fenech, Albion Park

Name	Age	Centre	Seed	Final	H#	Points
1 Emily West		Hills District	1:14.00	1:14.20	2	
2 Tahlia Chapman		Hawkesbury City	1:17.91	1:16.28	2	
3 Charlotte Morris		Werrington	1:18.50	1:17.04	2	
4 Chloe Harkin		Hills District	1:16.28	1:17.44	2	
5 Arielle Foster		Colyton St Clair	1:29.07	1:17.68	1	
6 Madison Easterbrook		Emu Plains	1:21.18	1:18.51	2	
7 Grace Gadd		Hills District	1:21.72	1:19.84	2	
8 Justice Sugumaran		Winston Hills	1:21.49	1:20.09	2	
9 Matilda-holly Marks		Penrith	1:26.73	1:23.29	1	
10 Achok Mow		Prospect	1:24.99	1:23.89	1	
11 Martina Hams Garriga		Hills District	1:23.43	1:24.16	2	
12 Lucia Rogulski		Hills District	1:26.37	1:24.45	1	
13 Bella Chapman		Riverstone	1:24.53	1:24.80	1	
14 Lani Caragher		The Ponds	1:28.83	1:25.39	1	
15 Aditi Shetty		Blacktown	1:27.78	1:26.46	1	
16 Georgia Williams		Blacktown	1:26.80	1:28.65	1	

Girls U 11 - 400 Metre Sprint

Region: R 1:05.89 21/02/2015 Ella Buchanan, Hills District

State: S 1:01.34 12/03/1978 Michelle Moroney, Bankstown

State: S 1:01.34 17/03/2001 Jacinta Doyle, Port Hacking

Name	Age	Centre	Seed	Final	H#	Points
1 Madison Harris		Hills District	1:11.75	1:12.80	2	
2 Lucy Sherwood		Hills District	1:16.03	1:13.77	2	
3 Eva McKenzie		Hills District	1:11.11	1:14.11	2	
4 Chloe Williams		Werrington	1:19.57	1:14.64	2	
5 Ava Vengoa		Hills District	1:17.39	1:17.83	2	
6 Sienna Choo		The Ponds	1:21.86	1:20.84	2	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 11 - 400 Metre Sprint**

7	Emma Buckley	Hills District	1:29.87	1:21.27	1
8	Ella Long	Werrington	1:30.08	1:22.45	1
9	Ella Caines	Rouse Hill Rams	1:18.58	1:23.62	2
10	Skyla Richardson	Emu Plains	1:24.87	1:24.47	1
11	Abigail Marvin	Quakers Hill	1:27.76	1:25.47	1
12	Wendy Gaya	The Ponds	1:32.86	1:27.27	1
13	Kaitlin Swanepoel	Penrith	1:32.70	1:28.31	1
14	Zoe McGrath	Hills District	1:27.14	1:29.28	1
15	Rubie Walker	Lethbridge Park	1:41.31	1:42.90	1

Girls U 12 - 400 Metre Sprint

Region: R 1:02.39 20/02/2016 Ella Buchanan, Hills District

State: S 57.74 21/02/1979 Nicole Leistenschneider, Manly Warringah

Name	Age	Centre	Seed	Final	H#	Points
1	Ruby Kernaghan	Hills District	1:06.22	1:04.44	2	
2	Breanna Pace	Hills District	1:07.09	1:05.16	2	
3	Emelia Muccino	Winston Hills	1:10.89	1:09.26	2	
4	Beyza Sevdibas	Hills District	1:14.16	1:10.78	2	
5	Matilda Oxley	Quakers Hill	1:15.96	1:12.74	2	
6	Hannah Loxley	Werrington	1:17.10	1:15.20	2	
7	Tabitha Broughton	Hawkesbury City	1:21.25	1:16.17	1	
8	Annabelle Vella	Rouse Hill Rams	1:20.43	1:20.10	2	
9	Khloe Mitchell	Minchinbury	1:22.86	1:20.64	1	
10	Caitlyn Wise	Quakers Hill	1:27.17	1:22.09	1	
11	Sophie Kuach	Werrington	1:26.98	1:25.16	1	
12	Torah Smythe	Emu Plains	1:28.85	1:25.29	1	
13	Jessica Hazell	The Ponds	1:26.23	1:26.53	1	

Girls U 13 - 400 Metre Sprint

Region: R 1:00.68 20/02/2016 Caitlin Preston, Doonside

State: S 57.24 16/03/1986 Jo-anne Swan, Camden

Name	Age	Centre	Seed	Final	H#	Points
1	Ashlyn Kelly	Hills District	1:08.00	1:07.78	2	
2	Elanur Kadayifci	Hills District	1:08.65	1:08.49	2	
3	Gabriella Baker	Blacktown	1:10.08	1:08.67	2	
4	Jordyn Deen	Hills District	1:11.85	1:09.40	2	
5	Marlee Gill	Riverstone	1:13.89	1:12.29	2	
6	Amy Christie	The Ponds	1:15.45	1:13.20	1	
7	Hayley Muir	Werrington	1:14.13	1:13.41	2	
8	Charlotte Blyth	Quakers Hill	1:19.34	1:14.56	1	
9	Matilda Webb	Winston Hills	1:14.30	1:15.42	2	
10	Charlie Gravina	Rouse Hill Rams	1:18.07	1:21.80	1	
11	Amelia Griggs	Cranebrook	1:33.49	1:31.53	1	

Girls U 14 - 400 Metre Sprint

Region: R 59.28 20/02/2016 Danielle Drinnan, Winston Hills

State: S 56.02 23/03/2012 Molly Blakey, South Eastern

Name	Age	Centre	Seed	Final	H#	Points
1	Mabel Dukes	Emu Plains	1:07.90	1:05.11	2	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 14 - 400 Metre Sprint**

2	Lily Caines	Rouse Hill Rams	1:08.37	1:05.56	2
3	Ainsley Giampietro	Emu Plains	1:10.26	1:08.52	2
4	Andra Vintila	The Ponds	1:15.67	1:13.76	2
5	Maddison Kernaghan	Hills District	1:18.82	1:15.44	2
6	Lily Johnston	Winston Hills	1:13.46	1:15.62	2
7	Kaydenze Phillips	Nepean	1:22.73	1:16.80	1
8	Matilda Olson	Quakers Hill	1:18.94	1:17.10	2
9	Akshaya Thilak	Rouse Hill Rams	1:20.93	1:19.65	1
10	Irena Aifantis	Kings Langley	1:21.83	1:23.92	1
11	Krystal Burrows	Penrith	1:41.92	1:31.87	1

Girls U 15 - 400 Metre Sprint

Region: R 57.77 17/02/2018 Sidney Burrell, Hills District
 State: S 55.74 18/02/1996 Rosemary Hayward, Toukley

Name	Age	Centre	Seed	Final	H#	Points
1	Annissa	Quee Hills District	1:06.98	1:04.84	2	
2	Jaedin	Le Marseny Hills District	1:10.69	1:06.22	2	
3	Chloe	Nancarrow Nepean	1:19.37	1:14.47	2	
4	Samantha	Torrens Winston Hills	1:20.39	1:17.26	2	
5	Kaia	O'Donnell The Ponds	1:21.30	1:19.79	1	
6	Sophie	Mcpherson Penrith	1:16.91	1:20.90	2	
7	Kairi	Pope Prospect	1:33.29	1:32.51	1	

Girls U 17 - 400 Metre Sprint

Region: R 58.77 20/02/2016 Deyana Trikaliotis, Blacktown
 State: S 55.25 24/03/2018 Caitlin Ferrier, Kurrajong Bilpin

Name	Age	Centre	Seed	Final	Points
1	Holly	Dalrymple Hawkesbury City	1:03.91	1:03.88	
2	Avalene	Tandog Hills District	1:02.78	1:04.78	
3	Marley	McKenzie Hills District	1:04.12	1:05.54	
4	hayley	schultz Hills District	1:06.93	1:08.51	
5	Olivia	Pascal Colyton St Clair	1:15.17	1:14.08	
6	Kailey	Speeding Colyton St Clair	1:28.09	1:15.91	
7	Caitlyn	Griggs Cranebrook	1:26.14	1:17.02	
8	Rhea	Khasa The Ponds	1:20.32	1:21.21	

Girls U 8 - 400 Metre Run Pack Start

Region: R 1:25.31 19/02/2022 Annabelle Clifton, Prospect
 State: S 1:11.44 21/03/1981 Jo-anne Swan, Camden

Name	Age	Centre	Seed	Final	Points
1	Annabelle	Clifton Prospect	1:31.04	1:25.31R	
2	Lara	Batey Hills District	1:30.69	1:28.73	
3	Caitlin	Butler Rouse Hill Rams	1:34.51	1:29.72	
4	Lara	McGrath Hills District	1:39.25	1:32.67	
5	Madison	Adams Doonside	1:36.95	1:35.71	
6	Aaliyah	McCarron Werrington	1:40.43	1:37.35	
7	Veronica	Dennett Hawkesbury City	1:38.58	1:38.06	
8	Crystal	Webster Hills District	1:40.83	1:38.45	
9	Antonia	Powter Emu Plains	1:38.52	1:39.67	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 8 - 400 Metre Run Pack Start**

10	Isabelle Wynne	Kings Langley	1:43.77	1:42.62
11	Swara Ahir	The Ponds	1:53.46	1:43.22
12	Lexi Young	Emu Plains	1:39.64	1:43.95
13	Sarah Malueth	Mt Druitt	1:52.32	1:44.20
14	Salwa Bol	Werrington	1:59.90	1:45.31

Girls U 8 - 700 Metre Run Pack Start

=====				
Region: R 2:32.98 18/02/2018 Olivia Scott-Rogers, Hills District				
Name	Age	Centre	Seed	Final Points
=====				
1	Annabelle Clifton	Prospect	3:00.04	2:45.81
2	Olivia Hams Garriga	Hills District	2:56.74	2:57.44
3	Lara McGrath	Hills District	3:06.55	3:00.70
4	Aaliyah McCarron	Werrington	3:20.39	3:09.62
5	Caitlin Butler	Rouse Hill Rams	3:04.71	3:10.69
6	Isabelle Wynne	Kings Langley	3:23.37	3:13.94
7	Crystal Webster	Hills District	3:17.37	3:14.19
8	Veronica Dennett	Hawkesbury City	3:16.41	3:16.05
9	Tora Rochester	Riverstone	3:05.29	5:29.10

Girls U 9 - 800 Metre Run

=====				
Region: R 2:50.29 9/02/2020 Eva McKenzie, Hills District				
State: S 2:33.00 20/03/2011 Abbey Rockliff, Ku-Ring-Gai				
Name	Age	Centre	Seed	Final Points
=====				
1	Milla Mare	Rouse Hill Rams	3:06.45	2:54.57
2	Maya Bryant	The Ponds	3:18.50	3:02.53
3	Jenna Haydon	Emu Plains	3:18.20	3:04.68
4	Keira Gill	Riverstone	3:13.99	3:07.30
5	Sienna Marris	Hills District	3:14.45	3:10.09
6	Hannah Johnston	Winston Hills	3:09.80	3:12.38
7	Maisie Brown	Hills District	3:10.75	3:12.54
8	Laci Roman	Penrith	3:20.91	3:18.79
9	Isla Banks	Riverstone	3:28.90	3:21.30
10	Skye Lawn	Nepean	3:36.06	3:25.35
11	Matilda Watts	Colyton St Clair	3:35.30	3:27.34
12	Isabelle Plunkett	Penrith	3:34.43	3:35.93
13	Naya Nasser	The Ponds	3:46.50	3:39.67
14	Harmony Aspinall-Parkes	Werrington	3:37.85	3:40.32
15	Caitlyn Lee	Quakers Hill	3:47.05	3:48.92

Girls U 10 - 800 Metre Run

=====				
Region: R 2:40.79 19/02/2017 Sophie Schultz, Hills District				
State: S 2:27.30 19/02/2012 Abbey Rockliff, Ku-Ring-Gai				
Name	Age	Centre	Seed	Final Points
=====				
1	Chloe Harkin	Hills District	2:52.52	2:52.29
2	Tahlia Chapman	Hawkesbury City	3:01.27	2:54.49
3	Madison Easterbrook	Emu Plains	3:04.23	2:57.80
4	Charlotte Morris	Werrington	3:04.54	3:01.46
5	Holly Chesterman	Hills District	3:17.83	3:04.58
6	Elly Islip	Winston Hills	3:09.67	3:05.47

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 10 - 800 Metre Run**

7	Matilda-holly Marks	Penrith	3:12.47	3:06.41
8	Bella Chapman	Riverstone	3:08.10	3:06.43
9	Olivia Ferns	Hills District	3:21.50	3:14.16
10	Achok Mow	Prospect	3:23.33	3:14.95
11	Lucia Rogulski	Hills District	3:19.66	3:15.33
12	Imogen Maidment-Ponton	Emu Plains	3:13.62	3:16.90
13	Aditi Shetty	Blacktown	3:28.62	3:20.38
14	Lani Caragher	The Ponds	3:26.48	3:26.11
15	Peyton Morgan	The Ponds	3:25.20	3:31.40
16	Verity Freeland	Hills District	3:20.18	3:35.48

Girls U 11 - 800 Metre Run

Region: R 2:30.32 16/02/2014 Sidney Burrell, Hills District
 State: S 2:21.80 20/03/2016 Imogen Stewart, Illawong

Name	Age	Centre	Seed	Final	Points
1	Zahra Calder	Riverstone	2:55.17	2:45.49	
2	Madison Harris	Hills District	2:50.98	2:48.82	
3	Eva McKenzie	Hills District	2:49.74	2:50.46	
4	Jacyrae Brown	Riverstone	2:53.19	2:53.99	
5	Ella Caines	Rouse Hill Rams	3:03.41	2:58.31	
6	Matilda Grant	Winston Hills	3:00.18	3:00.63	
7	Bethany Ore	Winston Hills	3:14.02	3:11.52	
8	Zoe McGrath	Hills District	3:10.36	3:13.44	
9	Skyla Richardson	Emu Plains	3:24.62	3:13.65	
10	Georgia Watson	Colyton St Clair	3:22.26	3:16.52	
11	Jasmine Seia	Lethbridge Park	3:50.28	3:22.06	
12	Mikayla Findlay	Tallawong Park	4:26.89	4:10.70	

Girls U 12 - 800 Metre Run

Region: R 2:27.92 16/02/2014 Danielle Drinnan, Winston Hills
 State: S 2:16.34 23/03/2014 Abbey Rockliff, Ku-Ring-Gai

Name	Age	Centre	Seed	Final	Points
1	Breanna Pace	Hills District	2:36.89	2:36.65	
2	Charlotte Scott-Rogers	Hills District	2:40.85	2:38.67	
3	Hannah Loxley	Werrington	2:47.23	2:40.94	
4	Emelia Muccino	Winston Hills	2:46.08	2:42.85	
5	Ruby Kernaghan	Hills District	2:44.86	2:47.25	
6	Annabelle Vella	Rouse Hill Rams	3:01.70	2:54.74	
7	Tabitha Broughton	Hawkesbury City	2:56.37	2:55.57	
8	Eva Bryant	The Ponds	3:04.81	2:57.21	
9	Matilda Oxley	Quakers Hill	3:04.71	2:58.90	
10	Khloe Mitchell	Minchinbury	3:06.39	3:06.65	
11	Emma Hoskins	Quakers Hill	3:08.92	3:10.32	
12	Sophie Kuach	Werrington	3:35.09	3:16.97	
13	Lexie Beacroft	Quakers Hill	3:23.91	3:35.29	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 13 - 800 Metre Run**

=====				
Region: R 2:20.12		22/02/2015	Danielle Drinnan, Winston Hills	
State: S 2:14.30		25/03/2018	Imogen Stewart, Illawong	
Name	Age	Centre	Seed	Final Points
=====				
1 Taylor Hills		Hills District	2:44.61	2:39.96
2 Ashlyn Kelly		Hills District	2:51.16	2:46.66
3 Gabriella Baker		Blacktown	2:59.16	2:48.78
4 Charlotte Blyth		Quakers Hill	3:12.97	2:53.03
5 Tia Bachtis		Emu Plains	3:32.43	2:56.00
6 Lilliana Daly		Hawkesbury City	3:06.30	2:56.08
7 Kristin Van-Eck		Quakers Hill	3:20.86	3:15.15
8 Marissa Walker		Lethbridge Park	4:01.43	3:58.08

Girls U 14 - 800 Metre Run

=====				
Region: R 2:16.36		21/02/2016	Danielle Drinnan, Winston Hills	
State: S 2:13.20		20/03/1988	Suzy Walsham, Ku-Ring-Gai	
Name	Age	Centre	Seed	Final Points
=====				
1 Mabel Dukes		Emu Plains	2:35.31	2:31.57
2 Holly Gersbach		Winston Hills	2:41.29	2:38.85
3 Andra Vintila		The Ponds	3:03.98	2:54.16
4 Danelia Samuel		Winston Hills	3:05.72	2:57.58
5 Matilda Olson		Quakers Hill	3:06.18	3:03.42
6 Akshaya Thilak		Rouse Hill Rams	3:19.14	3:11.77
7 Irena Aifantis		Kings Langley	3:22.04	3:22.79
8 Nethaya Mudiyansele		Hills District	3:29.71	3:46.66
9 Krystal Burrows		Penrith	4:45.83	4:25.69

Girls U 15 - 800 Metre Run

=====				
Region: R 2:13.18		21/02/2016	Carley Thomas, Hills District	
State: S 2:09.57		20/03/2016	Carley Thomas, Hills District	
Name	Age	Centre	Seed	Final Points
=====				
1 Olivia Bloem		Hills District	2:36.17	2:34.05
2 Lilly Calder		Riverstone	2:54.81	2:49.25
3 Joanna Foster		Hills District	2:54.32	2:52.09
4 Samantha Torrens		Winston Hills	3:12.48	3:10.64
5 Kairi Pope		Prospect	4:06.75	3:46.90

Girls U 17 - 800 Metre Run

=====				
Region: R 2:18.62		19/02/2017	Rowena Milliss, Winston Hills	
State: S 2:12.59		25/03/2012	Kate Spencer, Ryde	
Name	Age	Centre	Seed	Final Points
=====				
1 Catherine Richter		Hills District	2:31.43	2:28.65
2 Lucie Francis		Hills District	2:34.13	2:31.88
3 Marley McKenzie		Hills District	2:41.64	2:36.89
4 Chelsea Roberts		Riverstone	2:51.39	2:41.27
5 Sophie Boyes		Emu Plains		2:43.77
6 Caitlyn Griggs		Cranebrook		3:09.41
7 Rhea Khasa		The Ponds	3:31.28	3:17.55
8 Zsafia Varga-Strike		Quakers Hill	3:36.59	3:40.78

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 11 - 1500 Metre Run**

=====				
Region: R 5:18.20		16/02/2013	Danielle Drinnan, Winston Hills	
State: S 4:44.07		19/03/2016	Imogen Stewart, Illawong	
Name	Age	Centre	Seed	Final Points
=====				
1	Chelsea	Chapman	Riverstone	5:49.14 5:50.43
2	Eva	McKenzie	Hills District	5:50.57 5:57.22
3	Ella	Caines	Rouse Hill Rams	6:07.35 6:03.93
4	Hannah	Baker	Rouse Hill Rams	6:18.52 6:05.25
5	Bethany	Ore	Winston Hills	6:28.41 6:19.47
6	Zoe	McGrath	Hills District	6:12.35 6:21.44
7	Samantha	Corben	Hills District	6:41.01 6:27.59
8	Georgia	Watson	Colyton St Clair	7:15.42 6:53.31
9	Effy	Bachtis	Emu Plains	8:17.54 7:06.72
10	Jasmine	Seia	Lethbridge Park	8:35.76 7:16.50
11	Micaela	Panzarino	Hills District	7:09.34 7:27.65
12	Lydia	Kaena	Lethbridge Park	9:40.34 8:59.41

Girls U 12 - 1500 Metre Run

=====				
Region: R 5:02.70		15/02/2014	Danielle Drinnan, Winston Hills	
State: S 4:34.47		22/03/2014	Abbey Rockliff, Ku-Ring-Gai	
Name	Age	Centre	Seed	Final Points
=====				
1	Charlotte	Scott-Rogers	Hills District	5:35.90 5:28.83
2	Hannah	Loxley	Werrington	6:19.08 5:48.18
3	Tabitha	Broughton	Hawkesbury City	6:05.51 5:52.36
4	Annabelle	Vella	Rouse Hill Rams	6:12.13 5:52.71
5	Eva	Bryant	The Ponds	6:19.90 6:10.04
6	Emma	Hoskins	Quakers Hill	6:22.04 6:27.35
7	Dilpreet	Kaur	Blacktown	6:39.00 6:27.36
8	Khloe	Mitchell	Minchinbury	6:38.99 6:28.31
9	Bronte	Parkin	Quakers Hill	6:43.46 6:37.46
10	Kailee	Azzopardi	Rouse Hill Rams	7:59.66 6:44.52
11	Lilly	Garside	Rouse Hill Rams	7:25.93 6:50.11
12	Lexie	Beacroft	Quakers Hill	7:04.30 7:25.83

Girls U 13 - 1500 Metre Run

=====				
Region: R 4:49.82		21/02/2015	Niamh Sanday, Kings Langley	
State: S 4:33.78		24/03/2018	Imogen Stewart, Illawong	
Name	Age	Centre	Seed	Final Points
=====				
1	Taylor	Hills	Hills District	6:14.25 5:48.58
2	Gabriella	Baker	Blacktown	6:09.48 5:50.04
3	Molly	Mills	The Ponds	6:20.27 6:00.16
4	Matilda	Webb	Winston Hills	6:16.60 6:06.16
5	Tia	Bachtis	Emu Plains	6:50.41 6:08.66
6	Charlotte	Blyth	Quakers Hill	6:21.87 6:16.33
7	Lilliana	Daly	Hawkesbury City	6:42.16 6:16.38
8	Kristin	Van-Eck	Quakers Hill	6:54.13 6:45.56
9	Lucy	Campbell	Minchinbury	7:02.12 6:55.48
10	Tayla	Dobson	Hills District	7:30.98 7:14.70

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 14 - 1500 Metre Run**

=====				
Region: R 4:46.80		15/02/2014	Leena Yang, Hills District	
State: S 4:33.92		24/03/2018	Sarah Schiffmann, Myall Coast	
Name	Age	Centre	Seed	Final Points
=====				
1 Mabel Dukes		Emu Plains	5:20.55	5:10.81
2 Holly Gersbach		Winston Hills	5:45.68	5:35.13
3 Matilda Olson		Quakers Hill	6:27.29	5:57.48
4 Danelia Samuel		Winston Hills	6:16.91	6:04.76
5 Isabella Henderson		Winston Hills	6:17.60	6:13.50
6 Lara Hodges		Emu Plains	6:37.94	6:30.66

Girls U 15 - 1500 Metre Run

=====				
Region: R 4:52.29		21/02/2015	Ali Thomson, Hills District	
State: S 4:30.10		19/03/2016	Emily Schneider, Sutherland	
Name	Age	Centre	Seed	Final Points
=====				
1 Olivia Bloem		Hills District	5:24.52	5:26.11
2 Joanna Foster		Hills District	6:16.54	6:00.34

Girls U 17 - 1500 Metre Run

=====				
Region: R 5:02.50		16/02/2013	Sarah Marvin, Winston Hills	
State: S 4:29.51		24/03/2018	Imogen Gardner, Northern Suburbs	
Name	Age	Centre	Seed	Final Points
=====				
1 Lucie Francis		Hills District	5:19.29	5:13.32
2 Catherine Richter		Hills District	5:25.18	5:15.16
3 Ella Munroe		Hills District	5:25.97	5:21.24
4 Chelsea Roberts		Riverstone	5:39.28	5:36.43
5 Sophie Boyes		Emu Plains	5:58.52	5:42.14
6 Caitlyn Griggs		Cranebrook	7:14.62	6:47.94
7 Zsafia Varga-Strike		Quakers Hill	7:37.25	7:00.99
8 Rhea Khasa		The Ponds	7:36.74	7:44.31

Girls U 13 - 3000 Metre Run

=====				
Region: R 10:42.53		8/02/2019	Lucie Francis, Winston Hills	
State: S 9:53.44		4/02/2018	Imogen Stewart, Illawong	
Name	Age	Centre	Seed	Final Points
=====				
1 Matilda Webb		Winston Hills	13:39.88	12:41.71
2 Tia Bachtis		Emu Plains	14:36.63	12:56.06
3 Lilliana Daly		Hawkesbury City	14:29.11	13:10.80

Girls U 14 - 3000 Metre Run

=====				
Region: R 10:23.40		14/02/2014	Leena Yang, Hills District	
State: S 9:59.16		20/03/2015	Emily Schneider, Sutherland	
Name	Age	Centre	Seed	Final Points
=====				
1 Mabel Dukes		Emu Plains	11:36.64	11:21.00
2 Holly Gersbach		Winston Hills	12:14.52	11:57.59
3 Isabella Henderson		Winston Hills	13:39.43	13:16.63

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - 3000 Metre Run**

=====					
Region: R 10:51.94		7/02/2020	Catherine Richter, Hills District		
State: S 9:43.02		18/03/2016	Emily Schneider, Sutherland		
Name	Age	Centre	Seed	Final	Points
=====					
1	Joanna Foster	Hills District	13:33.15	12:47.95	
2	Aashna Bhatia	The Ponds	18:02.46	17:12.17	

Girls U 17 - 3000 Metre Run

=====					
Region: R 10:26.10		16/02/2013	Sarah Marvin, Winston Hills		
State: S 9:45.64		2/02/2019	Lauren Carey, St George		
Name	Age	Centre	Seed	Final	Points
=====					
1	Lucie Francis	Hills District	11:52.09	11:07.20	
2	Catherine Richter	Hills District	14:42.16	11:49.26	
3	Sophie Boyes	Emu Plains	13:12.44	12:23.23	
4	Daisy Garratt	Hills District	14:00.96	14:12.66	
5	Caitlyn Griggs	Cranebrook	15:49.74	15:16.13	
6	Rhea Khasa	The Ponds	17:56.12	16:58.90	

Girls U 8 - 60 Metre Hurdles (45cm)

=====					
Region: R 11.60		15/02/2014	Talahn Paki, Hills District		
State: S 10.92		30/01/2016	Tammin Lampret, Port Hacking		
Name	Age	Centre	Seed	Heats	H#
=====					
Heats					
1	Lennie Nix	Penrith	13.71	12.97q	1
2	Aleksa Kesten	Minchinbury	13.51	13.16q	2
3	Lara Batey	Hills District	13.57	13.47q	1
4	Olivia Hams Garriga	Hills District	13.89	13.55q	2
5	Airlie Perkins	Hills District	13.99	13.72q	2
6	Diandra Anya Premachandr	Rouse Hill Rams	14.71	13.76q	2
7	Ashleigh Mear	Hills District	14.50	13.79q	1
8	Grace Mow	Prospect	17.91	14.02q	2
9	Emily Sztelma	Cranebrook	14.81	14.03	1
10	Liana Ann Alderson	Penrith	16.48	14.09	2
11	Navneet Kaur	Blacktown	14.88	14.29	1
12	Bonnimae Jarrett	Rouse Hill Rams	14.17	14.60	1
13	Keira Ann Alderson	Penrith	14.72	15.00	2
14	Alea Van Der Merwe	Quakers Hill	14.96	15.01	2
15	Olivia Scerri	Winston Hills	16.55	15.03	1
16	Isabelle Wynne	Kings Langley	16.66	15.91	1

Girls U 8 - 60 Metre Hurdles (45cm)

=====					
Region: R 11.60		15/02/2014	Talahn Paki, Hills District		
State: S 10.92		30/01/2016	Tammin Lampret, Port Hacking		
Name	Age	Centre	Heats	Final	Points
=====					
Final					
1	Lennie Nix	Penrith	12.97	12.92	
2	Lara Batey	Hills District	13.47	13.19	
3	Diandra Anya Premachandr	Rouse Hill Rams	13.76	13.33	
4	Grace Mow	Prospect	14.02	13.34	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 8 - 60 Metre Hurdles (45cm)**

4	Olivia Hams Garriga	Hills District	13.55	13.34
6	Airlie Perkins	Hills District	13.72	13.39
7	Aleksa Kesten	Minchinbury	13.16	13.43
8	Ashleigh Mear	Hills District	13.79	15.07

Girls U 9 - 60 Metre Hurdles (45cm)

Region: R 10.62 18/02/2017 Awien Lual, Prospect

State: S 9.84 21/02/2009 Chyna Tavai-Willams, Bankstown Sports

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Livia Muccino	Winston Hills	12.32	12.13Q	2
2	Maddison Thomas	Hills District	12.24	12.31Q	1
3	Maya Bryant	The Ponds	12.68	12.49Q	1
4	Lilly Huang	Quakers Hill	12.54	12.64Q	2
4	Alanna Thornton	Penrith	12.25	12.64Q	2
6	Lyla Sofiak	Hills District	12.44	12.55Q	1
7	Matilda Watts	Colyton St Clair	12.67	12.61q	1
8	Eloise Connors	Rouse Hill Rams	13.04	12.71q	2
9	Zahlia Ciftci	Quakers Hill	13.02	12.73	1
10	Malia Odhiambo	Emu Plains	13.15	12.91	2
11	Harper Egglestone	Emu Plains	12.74	12.97	2
12	Hannah Johnston	Winston Hills	12.85	13.24	2
13	Alexa Fabrellas	Quakers Hill	15.58	15.60	1

Girls U 9 - 60 Metre Hurdles (45cm)

Region: R 10.62 18/02/2017 Awien Lual, Prospect

State: S 9.84 21/02/2009 Chyna Tavai-Willams, Bankstown Sports

Name	Age	Centre	Heats	Final	Points
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Final

1	Alanna Thornton	Penrith	12.64	12.14
2	Maddison Thomas	Hills District	12.31	12.16
3	Livia Muccino	Winston Hills	12.13	12.20
4	Maya Bryant	The Ponds	12.49	12.25
5	Lyla Sofiak	Hills District	12.55	12.47
6	Matilda Watts	Colyton St Clair	12.61	12.61
7	Lilly Huang	Quakers Hill	12.64	12.67
8	Eloise Connors	Rouse Hill Rams	12.71	12.89

Girls U 10 - 60 Metre Hurdles (60cm)

Region: R 10.40 15/02/2014 Kirralee Death, Hills District

State: S 9.78 24/03/2018 Tammin Lampret, Port Hacking

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Savannah Cox	Hills District	10.76	11.28Q	1
2	Jayda Isherwood	Winston Hills	11.59	11.91Q	2
3	Giselle Desira	Rouse Hill Rams	12.32	12.32Q	2
4	Olivia Vrataric	Blacktown	13.26	13.11Q	1
5	Luvini Dissanayake	Doonside	13.15	12.82Q	2
6	Penelope Jokic	Hills District	12.40	13.12Q	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 10 - 60 Metre Hurdles (60cm)**

7	Isla Berry	Hills District	12.81	13.43q	1
8	Lucia Rogulski	Hills District	13.04	13.64q	2
9	Achok Mow	Prospect	13.63	13.86	1
10	Taylah Pagnamenta	Penrith	13.62	14.01	1
11	Edwina Biermann	Rouse Hill Rams	13.57	14.36	2
12	Audrey Kelleher	Penrith	14.50	14.56	2

Girls U 10 - 60 Metre Hurdles (60cm)

Region: R 10.40 15/02/2014 Kirralee Death, Hills District
 State: S 9.78 24/03/2018 Tammin Lampret, Port Hacking

Name	Age Centre	Heats	Final	Points
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Final

1	Savannah Cox	Hills District	11.28	11.18
2	Giselle Desira	Rouse Hill Rams	12.32	12.03
3	Jayda Isherwood	Winston Hills	11.91	12.24
4	Luvini Dissanayake	Doonside	12.82	12.48
5	Olivia Vrataric	Blacktown	13.11	12.93
6	Isla Berry	Hills District	13.43	13.29
7	Penelope Jokic	Hills District	13.12	13.34
8	Lucia Rogulski	Hills District	13.64	13.38

Girls U 11 - 80 Metre Hurdles (60cm)

Region: R 14.10 20/02/2022 Lila Oliver, Hills District

Name	Age Centre	Seed	Heats	H#
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Heats

1	Lila Oliver	Hills District	14.55	14.13Q	1
2	Sanjana Iyer	Winston Hills	14.75	14.95Q	2
3	Ava Cetinic	Hills District	14.74	15.25Q	2
4	Hannah Baker	Rouse Hill Rams	15.85	16.09Q	1
5	Sienna Jackson	Hills District	16.38	15.57Q	2
6	Chloe Williams	Werrington	16.22	16.36Q	1
7	Clara Sugiana	Hills District	16.87	16.63q	1
8	Ella Catford	Hills District	16.36	17.08q	2
9	Mila Vuk-Luboya	Winston Hills	18.79	17.42	2
10	Abigail Marvin	Quakers Hill	19.20	18.20	2
11	Ella Long	Werrington	17.62	18.98	1
12	Rubie Walker	Lethbridge Park	20.02	19.02	1
13	Isabella-mar Parker	Doonside	20.05	19.17	2
14	Kaitlin Swanepoel	Penrith	20.18	19.52	2
15	Mikayla Findlay	Tallawong Park	20.71	20.83	1

Girls U 11 - 80 Metre Hurdles (60cm)

Region: R 14.10 20/02/2022 Lila Oliver, Hills District

Name	Age Centre	Heats	Final	Points
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Final

1	Lila Oliver	Hills District	14.13	14.10R
2	Sanjana Iyer	Winston Hills	14.95	14.52
3	Ava Cetinic	Hills District	15.25	15.24
4	Sienna Jackson	Hills District	15.57	15.83

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 11 - 80 Metre Hurdles (60cm)**

5	Hannah Baker	Rouse Hill Rams	16.09	16.12
6	Chloe Williams	Werrington	16.36	16.35
7	Ella Catford	Hills District	17.08	16.46
8	Clara Sugiana	Hills District	16.63	16.81

Girls U 12 - 80 Metre Hurdles (68cm)

=====				
Region: R 13.28 21/02/2021 Angelina Burford, Hills District				
Name	Age	Centre	Seed	Heats H#
=====				

Heats

1	Olivia Scott-Rogers	Hills District	14.64	14.37Q	2
2	Summer Paki	Hills District	15.29	14.42Q	1
3	Ishanvi Tiwari	Hills District	15.73	14.89Q	2
4	Tamara Davies	Hawkesbury City	15.04	15.33Q	1
5	Katherine Furno	Winston Hills	15.45	15.29Q	2
6	Nyidier Mow	Prospect	17.31	16.57Q	1
7	Eva Bryant	The Ponds	17.83	16.49q	2
8	Laylah Golden	Werrington	18.36	17.33q	1
9	Savannah Hill	Doonside	17.73	17.41	2
10	Tara Roche	Hills District	17.21	17.51	1
11	Khloe Mitchell	Minchinbury	18.50	18.20	1
12	Torah Smythe	Emu Plains	19.80	19.42	2
13	Emily Coleman	Prospect	20.71	20.03	1
14	Dilpreet Kaur	Blacktown	21.60	20.15	1
15	Ilya Jowaheer	Nepean	20.26	20.32	2

Girls U 12 - 80 Metre Hurdles (68cm)

=====				
Region: R 13.28 21/02/2021 Angelina Burford, Hills District				
Name	Age	Centre	Heats	Final Points
=====				

Final

1	Olivia Scott-Rogers	Hills District	14.37	14.05
2	Summer Paki	Hills District	14.42	14.37
3	Ishanvi Tiwari	Hills District	14.89	14.51
4	Tamara Davies	Hawkesbury City	15.33	14.52
5	Katherine Furno	Winston Hills	15.29	15.02
6	Eva Bryant	The Ponds	16.49	15.70
7	Nyidier Mow	Prospect	16.57	15.86
8	Laylah Golden	Werrington	17.33	17.91

Girls U 13 - 80 Metre Hurdles (76cm)

=====				
Region: R 13.19 10/02/2019 Talahn Paki, Hills District				
State: S 12.26 15/02/2015 Mia Hemsworth, Ku-Ring-Gai				
Name	Age	Centre	Seed	Heats H#
=====				

Heats

1	Angelina Burford	Hills District	14.06	13.92Q	1
2	Violet Langley	Emu Plains	14.36	14.20Q	2
3	Gabriela Ribeiro	Hills District	14.88	14.10Q	1
4	Caitlyn Martin	Winston Hills	14.81	14.59Q	2
5	Charlotte Bradshaw	Penrith	15.68	14.53Q	1
6	Eva Everson	Hills District	17.25	16.97Q	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 13 - 80 Metre Hurdles (76cm)**

7	Tisha Bernil	Prospect	17.78	15.77q	1
8	Victoria Dunn	Hawkesbury City	18.03	17.49q	2
9	Lilliana Daly	Hawkesbury City	17.57	17.94	1
10	Abigail Lord	Hawkesbury City	21.35	21.68	1

Girls U 13 - 80 Metre Hurdles (76cm)

Region: R 13.19 10/02/2019 Talahn Paki, Hills District

State: S 12.26 15/02/2015 Mia Hemsworth, Ku-Ring-Gai

Name	Age	Centre	Heats	Final	Points
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Final

1	Angelina Burford	Hills District	13.92	13.37	
2	Violet Langley	Emu Plains	14.20	13.88	
3	Gabriela Ribeiro	Hills District	14.10	13.88	
4	Charlotte Bradshaw	Penrith	14.53	13.89	
5	Caitlyn Martin	Winston Hills	14.59	14.69	
6	Tisha Bernil	Prospect	15.77	15.04	
7	Eva Everson	Hills District	16.97	17.00	
8	Victoria Dunn	Hawkesbury City	17.49	17.91	

Girls U 14 - 80 Metre Hurdles (76cm)

Region: R 12.69 16/02/2014 Tiana Death, Hills District

State: S 11.94 19/03/2006 Carly Rodger, Port Hacking

Name	Age	Centre	Seed	Final	Points
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1	Emily Knight	Hills District	15.09	14.69	
2	Charlotte Mear	Hills District	16.31	14.86	
3	Tanisha Kumar	Hills District	14.68	14.90	
4	Winnie Lual	Prospect	16.42	15.77	
5	Andra Vintila	The Ponds	17.84	16.58	
6	Maddison Kernaghan	Hills District	18.44	17.14	

Girls U 15 - 90 Metre Hurdles (76cm)

Region: R 13.85 18/02/2018 Claire Meyers, Emu Plains

State: S 12.44 3/03/2007 Carly Rodger, Port Hacking

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Olivia Bloem	Hills District	15.10	15.40Q	1
2	Alyssa Gibbons	Werrington	18.15	16.80Q	2
3	Amelia Ho	Hills District	17.79	16.93Q	2
4	Achol Mow	Prospect	18.08	17.09Q	1
5	Sophie Mcpherson	Penrith	17.76	17.26Q	2
6	Emily Nolan	Rouse Hill Rams	17.92	18.39Q	1
7	Jenna Lean	Rouse Hill Rams	18.08	17.70q	2
8	Grace Nolan	Rouse Hill Rams	18.22	19.24q	1
9	Emma Lange	Rouse Hill Rams	21.36	20.81	1
10	Kairi Pope	Prospect	24.99	24.18	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - 90 Metre Hurdles (76cm)**

=====					
Region: R 13.85		18/02/2018	Claire Meyers, Emu Plains		
State: S 12.44		3/03/2007	Carly Rodger, Port Hacking		
Name	Age	Centre	Heats	Final	Points
=====					
Final					
1	Olivia Bloem	Hills District	15.40	15.20	
2	Amelia Ho	Hills District	16.93	16.47	
3	Alyssa Gibbons	Werrington	16.80	16.66	
4	Sophie Mcpherson	Penrith	17.26	16.90	
5	Achol Mow	Prospect	17.09	17.08	
6	Jenna Lean	Rouse Hill Rams	17.70	17.94	
7	Emily Nolan	Rouse Hill Rams	18.39	18.53	
8	Grace Nolan	Rouse Hill Rams	19.24	19.97	

Girls U 17 - 100 Metre Hurdles (76cm)

=====					
Region: R 15.04		20/02/2022	Talahn Paki, Hills District		
State: S 13.87		21/03/2010	Michelle Jenneke, Cherrybrook		
Name	Age	Centre	Seed	Final	Points
=====					
1	Talahn Paki	Hills District	15.64	15.04R	
2	Avalene Tandog	Hills District	15.96	15.85	
3	Vanessa Apel	Winston Hills	16.46	16.25	
4	Lauryn Kasozi	Hills District	17.52	16.56	
5	sophie miller	Hills District	17.65	17.78	
6	Natasha Muttoo	Prospect	21.03	20.49	
7	Kailey Speeding	Colyton St Clair	21.98	20.50	

Girls U 13 - 200 Metre Hurdles (68cm)

=====					
Region: R 29.67		19/02/2016	Caitlin Preston, Doonside		
State: S 27.56		24/03/2018	Chantelle Barnard, Campbelltown Collegians		
Name	Age	Centre	Seed	Final	Points
=====					
1	Angelina Burford	Hills District	31.19	29.92	
2	Charlotte Bradshaw	Penrith	33.40	30.50	
3	Elanur Kadayifci	Hills District	31.99	31.00	
4	Caitlyn Martin	Winston Hills	33.39	31.09	
5	Gabriela Ribeiro	Hills District	32.78	31.40	
6	Violet Langley	Emu Plains	32.94	31.55	
7	Amber Reveley	Tallawong Park	36.86	34.41	
8	Eva Everson	Hills District	36.99	35.52	

Girls U 14 - 200 Metre Hurdles (76cm)

=====					
Region: R 29.09		17/02/2017	Kaiya Buchanan, Hills District		
State: S 27.04		18/03/2006	Carly Rodger, Port Hacking		
Name	Age	Centre	Seed	Final	Points
=====					
1	Mikayla Muscat	Hills District	31.21	31.73	
2	Tanisha Kumar	Hills District	32.51	34.36	
3	Lara Hodges	Emu Plains	36.90	35.65	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - 300 Metre Hurdles (76cm)**

Name	Age	Centre	Seed	Final	Points
Region: R 46.65 17/02/2017 Danielle Drinnan, Winston Hills					
State: S 44.10 24/03/2018 Isabella Guthrie, Northern Districts					
1 Sophie Mcpherson		Penrith	1:02.58	59.87	

Girls U 17 - 300 Metre Hurdles (76cm)

Name	Age	Centre	Seed	Final	Points
Region: R 45.85 16/02/2018 Sundance Fuller, Penrith					
State: S 42.35 16/03/2019 Tiahna Skelton, Wallsend RSL					
1 Avalene Tandog		Hills District	47.19	47.05	
2 Talahn Paki		Hills District	47.88	48.76	
3 Holly Dalrymple		Hawkesbury City	50.74	49.45	
4 Natasha Mutton		Prospect	57.59	55.25	

Girls U 15-17 100 Metre Multi Class Run

Name	Age	Centre	Seed	Final	Points
Region: R 18.79 19/02/2022 Layla Sharp (T/F12), Werrington					
1 Layla Sharp (T/F12)		Werrington	18.79R	60.671	

Girls U 15-17 200 Metre Multi Class Run

Name	Age	Centre	Seed	Final	Points
Region: R 46.29 20/02/2022 Layla Sharp (T/F12), Werrington					
1 Layla Sharp (T/F12)		Werrington	46.29R		

Girls U 15-17 800 Metre Multi Class Run

Name	Age	Centre	Seed	Final	Points
Region: R 3:34.64 20/02/2022 Layla Sharp (T/F12), Werrington					
1 Layla Sharp (T/F12)		Werrington	3:34.64R		

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

Centre	Age	Centre	Seed	Final	Points
Region: R 56.86 18/02/2018 Hills District, Hills District					
M Park, t kabuyawa, A Powell, T Paki					
State: S 54.62 25/03/2012 Manly Warringah					
1 Hills District				59.20	
1) Maddison Thomas 9		2) Emily West 10			
3) Stephanie Xu 11		4) Beyza Sevdimbis 12			
2 Winston Hills				1:03.28	
1) Emelia Muccino 12		2) Sanjana Iyer 11			
3) Justice Sugumaran 10		4) Hannah Johnston 9			
3 Quakers Hill				1:03.81	
1) Lilly Huang 9		2) Caylee Thornton 10			
3) Abigail Marvin 11		4) Matilda Oxley 12			
4 Emu Plains				1:05.56	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9-12 4x100 Metre Relay (Jnr)**

1) Olivia Metuango 9	2) Imogen Maidment-Ponton 10	
3) Skyla Richardson 11	4) Lilly Brown 12	
5 Werrington		1:05.74
1) Hannah Garrard 9	2) Chelsea Wright 10	
3) Hannah Loxley 12	4) Chloe Williams 11	
6 Doonside		1:06.49
1) Alex-Jane Burns 9	2) Luvini Dissanayake 10	
3) Hannah Farag 11	4) Amelia Farag 12	

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

Region: R 50.52 19/02/2017 Hills District, Hills District
L Jacobs, E Buchanan, E Page, A Fartek

State: S 48.69 24/03/2013 Manly Warringah

Centre	Seed	Final	Points
1 Hills District		51.91	
1) Angelina Burford 13	2) Mikayla Muscat 14		
3) Annissa Quee 15	4) Talahn Paki 17		
2 Emu Plains		53.61	
1) Ainsley Giampietro 14	2) Violet Langley 13		
3) Alice Galluzzi 17	4) Nekea Talaia 15		
3 Rouse Hill Rams		55.57	
1) Jenna Lean 15	2) Lily Caines 14		
3) Charlie Gravina 13	4) Charlotte Fleming 15		
4 Prospect		57.45	
1) Winny Lual 14	2) Natasha Muttuo 17		
3) Vera Boafo 13	4) Mia Patel 15		
5 Quakers Hill		58.21	
1) Charlotte Blyth 13	2) Mia Robson 13		
3) Yasmin Khaliqi 14	4) Kylie Ironside 15		

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

Region: R 1.03m 19/02/2022 Arielle Burville, The Ponds

State: S 1.39m 24/03/2012 Tomysha Clark, Port Hacking

Name	Age Centre	Seed	Final	Points
1 Arielle Burville	The Ponds	0.96m	1.03mR	
2 Harper Egglestone	Emu Plains	1.00m	1.01m	
3 Mia Ebejer	Minchinbury	0.85m	1.01m	
4 Keira Gill	Riverstone	0.95m	0.97m	
5 Annabelle Wise	Quakers Hill	0.98m	0.95m	
5 Chloe Campbell	Nepean	0.85m	0.95m	
7 Gabriela Casado	Rouse Hill Rams	0.85m	0.85m	
7 Isabel Vida-Fong	Hills District	0.85m	0.85m	
-- Jenna Haydon	Emu Plains	0.90m	NH	
-- Matilda Hay	Riverstone	0.85m	NH	
-- Stella Mcdiarmid-great	Nepean	0.90m	NH	
-- Harmony Aspinall-Parkes	Werrington	0.85m	NH	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 10 - High Jump (S/H 0.95m)**

=====					
Region: R 1.27m		20/02/2016	Audrey Nadaya-Harb, Winston Hills		
State: S 1.47m		24/03/2013	Tomysha Clark, Port Hacking		
Name	Age	Centre	Seed	Final	Points
=====					
1	Jayda	Isherwood	Winston Hills	1.21m	1.15m
2	Quinn	Bombardiere	Rouse Hill Rams	1.07m	1.13m
3	Lani	Caragher	The Ponds	1.06m	1.11m
4	Grace	Gadd	Hills District	1.15m	1.11m
5	Emily	Deverson	Hills District	1.00m	1.09m
6	Bronte	Carr	Blacktown	1.04m	1.05m
7	Verity	Freelander	Hills District	1.00m	0.95m
7	Dakota	Parkin	Quakers Hill	1.00m	0.95m
--	Olivia	Darwen	Penrith	0.95m	NH
--	Rachel	Furno	Winston Hills	1.00m	NH
--	Gisele	Jagurdzija	Blacktown	1.00m	NH
--	Emelia	Corby	Penrith	0.90m	NH

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

=====					
Region: R 1.40m		19/02/2017	Vanessa Apel, Winston Hills		
State: S 1.55m		22/03/2014	Tomysha Clark, Port Hacking		
Name	Age	Centre	Seed	Final	Points
=====					
1	Ava	Cetinic	Hills District	1.40m	1.30m
2	Wendy	Gaya	The Ponds	1.16m	1.10m
3	Clara	Sugiana	Hills District	1.14m	1.10m
4	Sienna	Jackson	Hills District	1.18m	1.10m
5	Somer	Zapatero	Winston Hills	1.12m	1.05m
6	Aimee	Johannsen	Colyton St Clair	1.10m	1.05m
--	Evelyn	White	Rouse Hill Rams	1.00m	NH
--	Isabella	Ferris	Hills District	1.00m	NH
--	Prisha	Gaur	Hills District	1.00m	NH
--	Amelia	Salih	Colyton St Clair	1.10m	NH
--	Emily	Dawes	Tallawong Park	1.05m	NH

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

=====					
Region: R 1.51m		18/02/2018	Audrey Nadaya-Harb, Winston Hills		
State: S 1.65m		20/03/2015	Tomysha Clark, Port Hacking		
Name	Age	Centre	Seed	Final	Points
=====					
1	Olivia	Scott-Rogers	Hills District	1.49m	1.40m
2	Ishanvi	Tiwari	Hills District	1.39m	1.35m
3	Summer	Paki	Hills District	1.25m	1.33m
4	Katherine	Furno	Winston Hills	1.33m	1.33m
5	Ruby	Kernaghan	Hills District	1.25m	1.31m
6	Tamara	Davies	Hawkesbury City	1.29m	1.20m
7	Bronte	Parkin	Quakers Hill	1.20m	1.20m
8	Kiarna	Bretschneider	Nepean	1.15m	1.15m
--	Tabitha	Broughton	Hawkesbury City	1.10m	NH

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 13 - High Jump (S/H 1.20m)**

Region: R 1.55m 9/02/2019 Vanessa Apel, Winston Hills					
State: S 1.80m 22/03/1987 Sonja Wennekes, Sutherland					
Name	Age	Centre	Seed	Final	Points
1 Caitlyn Martin		Winston Hills	1.49m	1.43m	
2 Mia Robson		Quakers Hill	1.35m	1.38m	
3 Taylor Hills		Hills District	1.35m	1.34m	
4 Betty Tanaki		Hills District	1.27m	1.30m	
5 Lara Roberts		Riverstone	1.20m	1.25m	

Girls U 14 - High Jump (S/H 1.25m)

Region: R 1.60m 10/02/2019 Olivia Dimech, Hawkesbury City					
State: S 1.75m 19/03/2006 Mia McKinnon, Port Hacking					
State: S 1.75m 18/03/2007 Amy PejkoVIC, Cherrybrook					
Name	Age	Centre	Seed	Final	Points
1 Tanisha Kumar		Hills District	1.39m	1.50m	
2 Emily Knight		Hills District	1.36m	1.37m	
3 Lara Hodges		Emu Plains	1.20m	1.30m	
4 Holly Gersbach		Winston Hills	1.30m	1.30m	
-- Hannah Knobbs		Rouse Hill Rams	1.20m	NH	

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

Region: R 1.65m 21/02/2016 Desleigh Owusu, Kings Langley					
State: S 1.80m 16/03/2008 Amy PejkoVIC, Cherrybrook					
Name	Age	Centre	Seed	Final	Points
1 Emily Nolan		Rouse Hill Rams	1.30m	1.30m	
2 Alyssa Gibbons		Werrington	1.35m	1.30m	
3 Jenna Lean		Rouse Hill Rams	1.20m	1.30m	
4 Chloe O'Hare		Nepean	1.30m	1.30m	
5 Lilly Calder		Riverstone	1.25m	1.25m	
-- Kaia O'Donnell		The Ponds	1.20m	NH	

Girls U 17 - High Jump (S/H 1.30m)

Region: R 1.67m 20/02/2022 Vanessa Apel, Winston Hills					
State: S 1.84m 21/03/2010 Emily Crutcher, Grenfell					
Name	Age	Centre	Seed	Final	Points
1 Vanessa Apel		Winston Hills	1.61m	1.67mR	
2 Olivia Dimech		Hawkesbury City	1.56m	1.65m	

Girls U 8 - Long Jump

Region: R 3.47m 18/02/2018 Olivia Scott-Rogers, Hills District					
State: S 4.17m 2/03/1986 Danya Kerr, Winston Hills					
Name	Age	Centre	Seed	Final	Points
1 Diandra Anya Premachandr		Rouse Hill Rams	3.16m	3.00m	
1 Annabelle Clifton		Prospect	2.85m	3.00m	
3 Keira Ann Alderson		Penrith	2.62m	2.89m	
4 Aaliyah McCarron		Werrington	2.51m	2.72m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 8 - Long Jump**

5	Bonnimae Jarrett	Rouse Hill Rams	2.75m	2.66m
6	Alea Van Der Merwe	Quakers Hill	2.61m	2.65m
7	Airlie Perkins	Hills District	2.65m	2.55m
8	Olivia Scerri	Winston Hills	2.59m	2.49m
9	Mia Spasovic	Hills District	2.62m	2.41m
10	Sahara Swanson-tu'umatav	Mt Druitt	2.40m	2.26m
11	Veronica Dennett	Hawkesbury City	2.44m	2.24m
12	Grace Mow	Prospect	2.44m	2.22m
13	Crystal Webster	Hills District	2.57m	2.19m
14	Evie Kelleher	Penrith	1.71m	2.05m
15	Indie Simpson	Hills District	2.60m	1.98m
16	Sophie Maloney	Nepean	1.64m	1.81m

Girls U 9 - Long Jump

Region: R 3.81m 16/02/2014 Alannah Martin, Doonside

State: S 4.42m 16/03/1985 Selina Dundas, Armidale

Name	Age	Centre	Seed	Final	Points
1	Maddison Thomas	Hills District	3.49m	3.46m	
2	Alanna Thornton	Penrith	2.75m	3.40m	
3	Haven Puapua	Prospect	3.45m	3.38m	
4	Lyla Sofiak	Hills District	3.18m	3.33m	
5	Matilda Watts	Colyton St Clair	3.02m	3.23m	
6	Milla Mare	Rouse Hill Rams	3.03m	3.20m	
7	Harper Egglestone	Emu Plains	2.93m	3.18m	
8	Tatiana Krieschova	Winston Hills	2.83m	3.08m	
9	Chloe Campbell	Nepean	2.56m	2.94m	
10	Arielle Burville	The Ponds	3.05m	2.85m	
11	Annabelle Wise	Quakers Hill	2.52m	2.78m	
12	Matilda Hay	Riverstone	2.63m	2.73m	
13	Darcie Kearney	Rouse Hill Rams	2.59m	2.63m	
14	Alexa Fabrellas	Quakers Hill	2.54m	2.51m	
--	Tisya Patel	Hills District	3.11m		ND

Girls U 10 - Long Jump

Region: R 4.41m 21/02/2015 Clara Nourdine, Doonside

State: S 4.75m 24/03/1991 Rosemary Hayward, Wyong

Name	Age	Centre	Seed	Final	Points
1	Savannah Cox	Hills District	3.93m	3.96m	
2	Tahlia Chapman	Hawkesbury City	3.68m	3.78m	
3	Chelsea Wright	Werrington	3.40m	3.71m	
4	Charlotte Morris	Werrington	3.44m	3.69m	
5	Justice Sugumaran	Winston Hills	3.44m	3.60m	
6	Quinn Bombardiere	Rouse Hill Rams	3.55m	3.44m	
7	Emily Deverson	Hills District	3.50m	3.43m	
8	Penelope Jokic	Hills District	3.45m	3.43m	
9	Bronte Carr	Blacktown	3.30m	3.28m	
10	Emily Atwon Oyoo	Prospect	3.19m	3.24m	
11	Lani Caragher	The Ponds	3.08m	3.11m	
12	Olivia Vrataric	Blacktown	3.05m	3.05m	
13	Ivy Murray	Riverstone	3.16m	3.02m	
14	Rasleen Gill	Penrith	2.99m	2.91m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 10 - Long Jump**

15 Sienna Ascencio	Werrington	2.65m	2.62m
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Girls U 11 - Long Jump

Region: R 4.52m 20/02/2016 Clara Nourdine, Doonside

State: S 4.97m 20/03/2011 Chyna Tavai-Williams, Bankstown Sports

Name	Age Centre	Seed	Final	Points
1 Ava Cetinic	Hills District	4.60m	4.39m	
2 Sienna Jackson	Hills District	3.80m	4.20m	
3 Chloe Williams	Werrington	3.41m	3.77m	
4 Zahra Calder	Riverstone	3.81m	3.75m	
5 Chelsea Chapman	Riverstone	3.85m	3.74m	
5 Portia Kearney	Rouse Hill Rams	3.53m	3.74m	
7 Isla Kennedy	Winston Hills	3.64m	3.44m	
8 Hannah Farag	Doonside	3.02m	3.14m	
9 Ella Long	Werrington	3.07m	3.11m	
10 Aimee Johannsen	Colyton St Clair	3.09m	3.02m	
11 Gabriella Caccamo	Tallawong Park	2.70m	3.00m	
12 Emily Dawes	Tallawong Park	3.02m	2.86m	
13 Rubie Walker	Lethbridge Park	2.61m	2.74m	

Girls U 12 - Long Jump

Region: R 4.99m 18/02/2018 Raphaila Idris, Blacktown

State: S 5.42m 16/03/1986 Tracy Blackburn, Kurri Kurri

Name	Age Centre	Seed	Final	Points
1 Beyza Sevdimbass	Hills District	4.34m	4.69m	
2 Tamara Davies	Hawkesbury City	4.23m	4.44m	
3 Ishanvi Tiwari	Hills District	4.33m	4.25m	
4 Bronte Parkin	Quakers Hill	3.59m	4.11m	
5 Hannah Loxley	Werrington	3.75m	3.89m	
6 Ivie Figueroa	Rouse Hill Rams	3.71m	3.88m	
7 Amelia Farag	Doonside	3.17m	3.83m	
8 Alexandra Kostis	Hills District	3.71m	3.57m	
9 Larissa Ingram	Quakers Hill	3.27m	3.39m	
10 Laylah Golden	Werrington	3.05m	3.32m	
11 Torah Smythe	Emu Plains	2.90m	3.28m	
12 Sophie Kuach	Werrington	2.63m	3.25m	
13 Anvi Sharma	Blacktown	3.15m	3.13m	
14 Charlotte Scott-Rogers	Hills District	3.83m	3.11m	
-- Summer Paki	Hills District	4.14m	ND	

Girls U 13 - Long Jump

Region: R 5.14m 9/02/2019 Raphaila Idris, Blacktown

State: S 5.58m 16/03/2019 Delta Amidzovski, Wollongong City

Name	Age Centre	Seed	Final	Points
1 Elanur Kadayifci	Hills District	4.26m	4.24m	
2 Caitlyn Martin	Winston Hills	4.48m	4.22m	
3 Mia Robson	Quakers Hill	4.07m	4.22m	
4 Betty Tanaki	Hills District	4.06m	4.21m	
5 Amber Reveley	Tallawong Park	4.12m	4.10m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****...Girls U 13 - Long Jump**

6 Ruby Scheepers	Hills District	4.14m	4.09m
7 Hayley Muir	Werrington	3.84m	3.92m
8 Gabriela Ribeiro	Hills District	4.16m	3.89m
9 Victoria Dunn	Hawkesbury City	4.12m	3.67m
10 Vera Boafo	Prospect	3.58m	3.61m
11 Kaina Kharade	The Ponds	3.08m	3.45m
12 Lilliana Daly	Hawkesbury City	3.62m	3.31m
13 Amelia Griggs	Cranebrook	3.00m	2.73m

Girls U 14 - Long Jump

Region: R 5.38m 18/02/2018 Jessica Laurance, Doonside
 State: S 5.87m 18/03/2017 Tomysa Clark, Port Hacking

Name	Age Centre	Seed	Final	Points
1 Tanisha Kumar	Hills District	4.67m	4.53m	
2 Lilli Kandel	Werrington	4.39m	4.37m	
3 Molly Jovanovic	Hills District	4.06m	4.22m	
4 Hannah Knobbs	Rouse Hill Rams	3.39m	4.13m	
5 Charlotte Mear	Hills District	3.93m	4.11m	
6 Summer Reynolds	Minchinbury	3.73m	4.00m	

Girls U 15 - Long Jump

Region: R 5.46m 22/02/2015 Caitlyn Hicks, Winston Hills
 State: S 5.80m 19/03/2005 Jacinta Doyle, Port Hacking

Name	Age Centre	Seed	Final	Points
1 Nekea Talaia	Emu Plains	5.08m	5.15m	
2 Charlotte Fleming	Rouse Hill Rams	4.91m	4.91m	
3 Famke Cullan	Emu Plains	4.32m	4.54m	
4 Amelia Ho	Hills District	4.41m	4.54m	
5 Emily Farrell	Hills District	4.44m	4.44m	
6 Chloe O'Hare	Nepean	3.97m	4.11m	
7 Courtney Kitching	Riverstone	4.18m	3.91m	
8 Grace Nolan	Rouse Hill Rams	3.60m	3.80m	
9 Kaia O'Donnell	The Ponds	3.39m	3.59m	
10 Achol Mow	Prospect	3.42m	3.46m	
11 Emma Lange	Rouse Hill Rams	3.60m	3.44m	
12 Emily Nolan	Rouse Hill Rams	3.67m	3.34m	

Girls U 17 - Long Jump

Region: R 5.67m 9/02/2019 Jessica Laurance, Doonside
 State: S 5.87m 10/02/2019 Katie Gunn, Gosford

Name	Age Centre	Seed	Final	Points
1 Olivia Dimech	Hawkesbury City	5.27m	5.34m	
2 Lauryn Kasozi	Hills District	4.56m	5.30m	
3 Talahn Paki	Hills District	5.22m	5.06m	
4 Keya Ramaswamy	Hills District	4.96m	4.64m	
5 Emily Rea	Mt Druitt	4.37m	4.53m	
6 Emma Matthias	Werrington	3.70m	4.02m	
7 lauren drady	Hawkesbury City	3.71m	3.94m	
8 Chelsea Roberts	Riverstone	4.16m	3.53m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 17 - Long Jump**

9 Anastatia Holbourn Prospect 2.30m 2.78m

Girls U 11 - Triple Jump

Region: R 10.02m 21/02/2016 Clara Nourdine, Doonside

State: S 10.38m 21/03/2004 Rebecca Mounsey, Albion Park

Name	Age	Centre	Seed	Final	Points
1 Ava Cetinic		Hills District	10.07m	8.87m	
2 Sanjana Iyer		Winston Hills	8.60m	8.44m	
3 Phoebe Morris		Werrington	7.29m	7.80m	
4 Lila Oliver		Hills District	7.63m	7.73m	
5 Krystal Emme		Hawkesbury City	7.55m	7.52m	
6 Ashleigh Fallins		Winston Hills	7.12m	7.30m	
7 Zahra Calder		Riverstone	7.01m	7.13m	
8 Georgia Watson		Colyton St Clair	6.74m	6.91m	
9 Aimee Johannsen		Colyton St Clair	6.17m	6.75m	
10 Hannah Farag		Doonside	6.73m	6.61m	
11 Mikayla Findlay		Tallawong Park	4.73m	4.42m	
-- Clara Sugiana		Hills District	7.38m	ND	

Girls U 12 - Triple Jump

Region: R 10.66m 18/02/2017 Clara Nourdine, Doonside

State: S 11.05m 25/03/2018 Raphaila Idris, Blacktown

Name	Age	Centre	Seed	Final	Points
1 Ishanvi Tiwari		Hills District	9.01m	9.36m	
2 Tamara Davies		Hawkesbury City	8.75m	9.16m	
3 Summer Paki		Hills District	8.86m	9.04m	
4 Hannah Loxley		Werrington	7.86m	8.50m	
5 Bronte Parkin		Quakers Hill	8.44m	8.35m	
6 Larissa Ingram		Quakers Hill	7.72m	8.23m	
7 Tabitha Broughton		Hawkesbury City	7.50m	8.14m	
8 Amelia Farag		Doonside	8.63m	7.90m	
9 Alexandra Kostis		Hills District	8.26m	7.71m	
10 Lilly Brown		Emu Plains	8.15m	7.63m	
11 Anvi Sharma		Blacktown	7.20m	7.02m	
12 Ava Gregory		Penrith	5.92m	5.92m	

Girls U 13 - Triple Jump

Region: R 11.39m 10/02/2019 Raphaila Idris, Blacktown

State: S 11.66m 25/03/2018 Clara Nourdine, The Ponds

Name	Age	Centre	Seed	Final	Points
1 Caitlyn Martin		Winston Hills	9.52m	9.89m	
2 Mia Robson		Quakers Hill	9.04m	9.44m	
3 Elanur Kadayifci		Hills District	9.37m	9.42m	
4 Gabriela Ribeiro		Hills District	9.36m	9.26m	
5 Lacey Wynne		Kings Langley	8.49m	9.02m	
6 Charlotte Bradshaw		Penrith	8.54m	8.80m	
7 Amber Reveley		Tallawong Park	8.46m	8.76m	
8 Ruby Scheepers		Hills District	8.85m	8.65m	
9 Lara Roberts		Riverstone	8.55m	8.57m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****...Girls U 13 - Triple Jump**

10 Eva Everson	Hills District	8.32m	8.17m
11 Victoria Dunn	Hawkesbury City	7.82m	7.78m
12 Sarah Cummins	Quakers Hill	6.76m	6.80m

Girls U 14 - Triple Jump

Region: R 10.84m 10/02/2019 Clara Nourdine, The Ponds
 State: S 12.15m 16/03/2003 Alyisha House, Koorringal Wagga

Name	Age Centre	Seed	Final	Points
1 Lilli Kandel	Werrington	9.57m	10.06m	
2 Tanisha Kumar	Hills District	9.16m	9.42m	
3 Lily Caines	Rouse Hill Rams	9.27m	9.02m	
4 Hannah Knobbs	Rouse Hill Rams	8.70m	8.87m	
5 Danelia Samuel	Winston Hills	8.92m	8.76m	
6 Summer Reynolds	Minchinbury	8.65m	8.75m	
7 Charlotte Mear	Hills District	8.67m	8.56m	
8 Krystal Burrows	Penrith	5.86m	6.40m	
9 Michayla Espie (T/F20)	Penrith	5.84m	6.23m	

Girls U 15 - Triple Jump

Region: R 11.49m 8/02/2020 Olivia Dimech, Hawkesbury City
 State: S 12.42m 21/03/2004 Alyisha House, Koorringal Wagga

Name	Age Centre	Seed	Final	Points
1 Nekea Talaia	Emu Plains	10.62m	10.69m	
2 Olivia Bloem	Hills District	10.32m	10.05m	
3 Lilly Calder	Riverstone	9.28m	9.19m	
4 Joelle Tham	Hills District	9.48m	9.14m	
5 Emily Farrell	Hills District	9.30m	8.79m	
6 Chloe O'Hare	Nepean	8.32m	8.70m	
7 Mia Patel	Prospect	8.17m	8.39m	
8 Chloe Barnes	Hills District	8.28m	8.34m	
9 Courtney Kitching	Riverstone	8.44m	8.11m	
10 Jenna Lean	Rouse Hill Rams	8.69m	8.04m	
11 Alyssa Gibbons	Werrington	7.85m	8.03m	
12 claire Potts	Hawkesbury City	7.43m	7.76m	
13 Kaia O'Donnell	The Ponds	7.50m	7.72m	

Girls U 17 - Triple Jump

Region: R 11.78m 21/02/2015 Taylor Garrett, Penrith
 State: S 12.52m 31/01/2016 Jasmine Fountas, Randwick Botany

Name	Age Centre	Seed	Final	Points
1 Raphaela Idris	Blacktown	11.76m	11.70m	
2 Olivia Dimech	Hawkesbury City	11.59m	11.65m	
3 Vanessa Apel	Winston Hills	10.52m	10.41m	
4 Audrey Nadaya-Harb	Winston Hills	10.72m	10.10m	
5 Devni Kumarage	Hills District	9.53m	9.75m	
6 Catherine Richter	Hills District	9.31m	9.54m	
7 sophie miller	Hills District	9.45m	8.68m	
8 Emma Matthias	Werrington	7.78m	8.32m	
9 Natasha Muttoo	Prospect	8.17m	7.98m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 17 - Triple Jump**

10	Chloe Burrows	Penrith	7.08m	7.21m
--	Lillian Purnell	Minchinbury	7.60m	ND

Girls U 8 - Shot Put (1.5 Kg)

Region: R 6.50m 16/02/2014 Rachel Bardney, Kings Langley

State: S 8.52m 17/02/2002 Kristy Dingwall, Smithfield

Name	Age Centre	Seed	Final	Points
1	Diandra Anya Premachandr	Rouse Hill Rams	5.70m	6.30m
2	Ava Zeibots	Colyton St Clair	4.87m	5.64m
3	Tamia Nanai	Doonside	3.97m	5.27m
4	Sophie Maloney	Nepean	3.94m	4.88m
5	Antonia Powter	Emu Plains	4.20m	4.80m
6	Mia Spasovic	Hills District	4.38m	4.36m
7	Airlie Perkins	Hills District	3.93m	3.87m
8	Chloe Davis	Minchinbury	3.14m	3.60m
9	Evelyn Akers	Hills District	3.24m	3.23m
10	Grace Fenech	Prospect	2.89m	3.03m
11	Tabitha Grant	Winston Hills	3.28m	2.91m
12	Evie Kelleher	Penrith	2.41m	2.76m
13	Lilith Smith	Lethbridge Park	3.35m	2.59m
14	Katie Swindells	Quakers Hill	2.48m	2.54m
--	Lara Evans	Nepean	3.42m	ND
--	Georgina Dinnerville	Hills District	2.94m	ND

Girls U 9 - Shot Put (2.0 Kg)

Region: R 7.42m 21/02/2015 Rachel Bardney, Kings Langley

State: S 9.23m 1/03/2014 Maliyah Osbaldiston, Bankstown Sports

Name	Age Centre	Seed	Final	Points
1	Giselle Stopins	Colyton St Clair	5.74m	5.91m
2	Stella Mcdiarmid-great	Nepean	4.53m	5.39m
3	Lucinda Fallins	Winston Hills	4.94m	5.18m
4	Arielle Burville	The Ponds	5.30m	5.11m
5	Adelaide Biermann	Rouse Hill Rams	4.45m	3.92m
6	Maddison Fyfe	Lethbridge Park	3.77m	3.88m
7	Isabelle Vintila	The Ponds	3.85m	3.84m
8	Jannat Mann	Penrith	3.63m	3.65m
9	Kaitlyn Downes	Nepean	2.99m	3.34m
10	Airlie Smith	Rouse Hill Rams	3.57m	3.19m
11	Bethany Kay	Minchinbury	3.42m	3.09m
12	Nivanna Keleolio	Lethbridge Park	2.80m	2.92m
13	Jade Wallbridge	Hills District	2.97m	2.42m

Girls U 10 - Shot Put (2.0 Kg)

Region: R 8.83m 18/02/2017 Sarah Iddaire, Hills District

State: S 11.92m 19/02/2006 Filoi Aokuso, Blacktown

Name	Age Centre	Seed	Final	Points
1	Emily West	Hills District	8.42m	8.45m
2	India Wong	Mt Druitt	7.50m	7.06m
3	Havana Pagnamenta	Penrith	6.23m	6.81m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 10 - Shot Put (2.0 Kg)**

4	Taylah Pagnamenta	Penrith	5.40m	6.69m
5	Elizabeth Malueth	Mt Druitt	5.50m	6.36m
6	Sanya Gupta	The Ponds	5.83m	6.17m
7	Mikaela Fenech	Prospect	5.92m	5.37m
8	Olivia Ferns	Hills District	5.31m	5.34m
9	Charlotte Morris	Werrington	5.54m	5.22m
10	Seville Pace	Hills District	5.14m	5.19m
11	Merkita Rose Jaeger	Cranebrook	4.66m	5.17m
12	Edwina Biermann	Rouse Hill Rams	5.18m	5.00m
13	Mackenzie Kitching	Riverstone	5.04m	4.94m
14	Audrey Kelleher	Penrith	5.10m	4.31m

Girls U 11 - Shot Put (2.0 Kg)

Region: R 11.12m 16/02/2018 Emma Matthias, Emu Plains

State: S 14.07m 18/03/2007 Filoi Aokuso, Blacktown

Name	Age	Centre	Seed	Final	Points
1	Krystal Emme	Hawkesbury City	8.58m	9.00m	
2	Sarah Galea	Cranebrook	8.14m	8.59m	
3	Amilia Masic	Doonside	7.30m	8.24m	
4	Isabella Roelofs	Werrington	8.34m	7.81m	
5	Claire Ward	Hawkesbury City	6.50m	7.32m	
6	Ashleigh Fallins	Winston Hills	6.95m	7.04m	
7	Ella Catford	Hills District	7.10m	6.71m	
8	Chelsea Johnson	Kings Langley	6.20m	6.48m	
9	Sienna Hinder	Hawkesbury City	6.00m	6.07m	
10	Somer Zapatero	Winston Hills	6.16m	5.35m	
11	Mayezu Manandhar	Winston Hills	5.91m	5.28m	
12	Isabella-mar Parker	Doonside	4.73m	5.19m	
13	Jasmine Seia	Lethbridge Park	4.47m	5.14m	
14	Rihanna Abu Ganaba	Blacktown	4.47m	3.61m	
15	Anna Coburn	Emu Plains	4.33m	3.47m	

Girls U 12 - Shot Put (2.0 Kg)

Region: R 13.49m 17/02/2018 Rachel Bardney, Kings Langley

State: S 16.19m 20/03/1988 Kylie Standing, Bankstown

Name	Age	Centre	Seed	Final	Points
1	Hanna Masic	Doonside	11.80m	11.60m	
2	Savannah Hill	Doonside	9.08m	9.51m	
3	Olivia Scott-Rogers	Hills District	9.10m	9.22m	
4	Summer Paki	Hills District	8.94m	9.16m	
5	Amelia Newman	Hills District	8.16m	8.47m	
6	Larissa Ingram	Quakers Hill	6.60m	7.97m	
7	Alexis South	Colyton St Clair	8.35m	7.92m	
8	Olivia Harkin	Hills District	7.56m	7.72m	
9	Katie Worrall	Hills District	7.06m	7.53m	
10	Laylah Golden	Werrington	6.69m	7.34m	
11	Kiarna Bretschneider	Nepean	7.34m	7.22m	
12	Indyana Campbell	Nepean	7.24m	6.76m	
13	Emily Coleman	Prospect	6.44m	5.33m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 13 - Shot Put (3.0 Kg)**

Region: R 12.39m 19/02/2022 Kaiah Wong, Mt Druitt				
State: S 14.95m 24/03/2012 Grace Robinson, St George				
Name	Age	Centre	Seed	Final Points
1	Kaiah Wong	Mt Druitt	11.41m	12.39mR
2	Zhaliya Tanielu-park	Colyton St Clair	9.48m	9.34m
3	Jemma Camilleri	Cranebrook	8.33m	9.20m
4	Isabella West	Hills District	9.27m	9.08m
5	Jordyn Deen	Hills District	8.86m	9.07m
6	Lacey Wynne	Kings Langley	8.55m	8.38m
7	Jasmine Kaur	Quakers Hill	7.53m	8.29m
8	Vera Boafo	Prospect	7.02m	7.81m
9	Abby Cotter	Hawkesbury City	7.55m	7.15m
10	Mannat Mann	Penrith	6.30m	6.11m
11	Georgia Parsell	The Ponds	6.33m	5.86m
12	Olivia Briggs	The Ponds	5.74m	5.66m
--	Charlie Gravina	Rouse Hill Rams	6.07m	ND

Girls U 14 - Shot Put (3.0 Kg)

Region: R 12.05m 19/02/2022 Ava Masic, Doonside				
State: S 15.94m 22/03/2013 Grace Robinson, St George				
Name	Age	Centre	Seed	Final Points
1	Ava Masic	Doonside	12.03m	12.05mR
2	Salote Wolfgramm	Mt Druitt	11.66m	12.05mR
3	Maddison Kernaghan	Hills District	11.11m	10.75m
4	Amelia Brice	Hills District	8.75m	9.90m
5	Mia-Lee Conn	Mt Druitt	9.30m	9.77m
6	Molly Jovanovic	Hills District	9.18m	9.71m
7	Ashleigh South	Colyton St Clair	9.14m	9.45m
8	Mia Thomson	Werrington	9.39m	9.15m
9	Zoe Mark	Nepean	8.42m	8.55m
10	Claire Giffney	Kings Langley	8.20m	8.12m
11	Matilda Olson	Quakers Hill	8.85m	8.02m
12	Ella O'Shea	Quakers Hill	5.91m	6.15m
13	Kavisha Tiwari	Rouse Hill Rams	5.42m	5.34m

Girls U 15 - Shot Put (3.0 Kg)

Region: R 12.90m 19/02/2017 Alysha Pearson, Jamison				
State: S 15.25m 16/02/2014 Grace Robinson, St George				
Name	Age	Centre	Seed	Final Points
1	Courtney Kitching	Riverstone	9.84m	11.55m
2	Lilly Calder	Riverstone	9.74m	10.19m
3	Nekea Talaia	Emu Plains	9.60m	10.00m
4	Amelia Odell	Rouse Hill Rams	8.84m	8.46m
5	Achol Mow	Prospect	7.95m	7.79m
6	Sienna Lindsay	Winston Hills	7.54m	7.67m
7	Taya Zammit	Blacktown	7.37m	7.27m
8	Emma Lange	Rouse Hill Rams	6.54m	6.68m
9	Leah Nixon	Winston Hills	6.45m	6.52m
10	Kairi Pope	Prospect	4.35m	3.73m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 17 - Shot Put (3.0 Kg)**

Region: R 13.64m 10/02/2019 Sally Shokry, Hills District				
State: S 16.29m 18/02/2012 Taylah Sengul, Nepean				
Name	Age	Centre	Seed	Final Points
1 Emma Matthias		Werrington	12.54m	13.63m
2 Rachel Bardney		Winston Hills	12.46m	12.59m
3 Vanessa Apel		Winston Hills	11.89m	11.25m
4 Catherine Schofield		Nepean	8.97m	9.46m
5 Amayah Burns		Doonside	8.76m	8.85m
6 Carissa Anderson		Winston Hills	8.90m	8.83m
7 Stephanie Galea		Cranebrook	7.03m	8.62m
8 Leilani Taufa		Hills District	7.98m	8.14m
9 Caitlyn Muscat		Hills District	7.49m	7.67m
9 lauren drady		Hawkesbury City	7.96m	7.67m
11 Chloe Burrows		Penrith	7.23m	7.08m
12 Anastatia Holbourn		Prospect	7.10m	6.98m
13 Chloe Hart		Doonside	7.36m	6.78m
14 Chloe Cook		Tallawong Park	6.99m	6.73m

Girls U 8 - Discus (500 Gram)

Region: R 17.68m 17/02/2018 Jordyn Deen, Hills District				
State: S 24.42m 23/11/2003 Taylah Sengul, Winston Hills				
Name	Age	Centre	Seed	Final Points
1 Antonia Powter		Emu Plains	14.95m	15.48m
2 Sophie Maloney		Nepean	12.46m	13.41m
3 Ava Zeibots		Colyton St Clair	12.15m	12.37m
4 Diandra Anya Premachandr		Rouse Hill Rams	12.48m	11.90m
5 Madison Adams		Doonside	7.00m	10.82m
6 Airlie Perkins		Hills District	10.06m	10.46m
7 Sahara Swanson-tu'umatav		Mt Druitt	6.97m	10.44m
8 Indie Simpson		Hills District	7.46m	10.40m
9 Swara Ahir		The Ponds	6.96m	9.20m
10 Liana Ann Alderson		Penrith	8.89m	8.38m
11 Mia Spasovic		Hills District	8.10m	8.22m
12 Olivia Scerri		Winston Hills	7.96m	8.05m
13 Holly Bugeja		Minchinbury	7.33m	7.06m
14 Tabitha Grant		Winston Hills	6.19m	5.06m
-- Chloe Davis		Minchinbury	7.20m	ND

Girls U 9 - Discus (500 Gram)

Region: R 24.10m 22/02/2015 Clare Grubba, Winston Hills				
State: S 31.22m 28/11/2004 Filoi Aokuso, Blacktown				
Name	Age	Centre	Seed	Final Points
1 Matilda Hay		Riverstone	12.30m	15.46m
2 Lucinda Fallins		Winston Hills	15.81m	14.25m
3 Giselle Stopins		Colyton St Clair	13.37m	14.22m
4 Stella Mcdiarmid-great		Nepean	12.37m	14.14m
5 Tisya Patel		Hills District	11.27m	12.32m
6 Zahlia Ciftci		Quakers Hill	12.95m	12.11m
7 Mia Ebejer		Minchinbury	11.32m	12.06m
8 Mary Kay		Minchinbury	10.43m	11.66m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 9 - Discus (500 Gram)**

9 Harlow Olson	Quakers Hill	9.00m	10.91m
10 Suravi Dey	Winston Hills	9.10m	10.66m
11 Alexa Fabrellas	Quakers Hill	7.62m	10.63m
12 Chloe Campbell	Nepean	9.45m	10.57m
13 Adelaide Biermann	Rouse Hill Rams	10.93m	9.76m
14 Maddison Fyfe	Lethbridge Park	8.18m	9.19m
15 Hannah Garrard	Werrington	7.70m	8.82m
16 Bethany Kay	Minchinbury	9.40m	8.43m

Girls U 10 - Discus (500 Gram)

Region: R 32.02m 21/02/2016 Clare Grubba, Winston Hills

State: S 37.22m 16/03/1985 Michelle Haage, Bankstown

Name	Age Centre	Seed	Final	Points
1 Emily West	Hills District	21.85m	22.88m	
2 India Wong	Mt Druitt	22.66m	22.47m	
3 Chelsea Wright	Werrington	18.54m	17.94m	
4 Taylah Pagnamenta	Penrith	16.17m	17.09m	
5 Havana Pagnamenta	Penrith	17.66m	16.72m	
6 Piper Andrews	Winston Hills	12.27m	16.58m	
7 Seville Pace	Hills District	14.29m	14.79m	
8 Ella Greely	Hills District	13.13m	13.67m	
9 Mikaela Fenech	Prospect	13.79m	12.78m	
10 Mackenzie Kitching	Riverstone	13.11m	11.86m	
11 Edwina Biermann	Rouse Hill Rams	14.41m	11.82m	
12 Merkita Rose Jaeger	Cranebrook	12.11m	11.56m	
13 Lily Pattison	Werrington	12.63m	10.61m	
14 Katie Lucas	Quakers Hill	9.92m	9.46m	
15 Eliana Bottino	Quakers Hill	8.98m	8.90m	

Girls U 11 - Discus (500 Gram)

Region: R 32.80m 17/02/2013 Sally Shokry, Hills District

State: S 33.35m 10/02/2019 Tayla Moore, Cherrybrook

Name	Age Centre	Seed	Final	Points
1 Krystal Emme	Hawkesbury City	30.31m	30.21m	
2 Sanjana Iyer	Winston Hills	29.92m	26.66m	
3 Sarah Galea	Cranebrook	28.21m	26.09m	
4 Summer Hay	Riverstone	19.94m	22.20m	
5 Phoebe Morris	Werrington	17.31m	19.79m	
6 Somer Zapatero	Winston Hills	19.67m	19.09m	
7 Ashleigh Fallins	Winston Hills	17.87m	18.78m	
8 Sienna Hinder	Hawkesbury City	19.60m	16.81m	
9 Aria Shah	The Ponds	16.22m	16.17m	
10 Lily Williams	Hawkesbury City	14.63m	14.09m	
11 Olivia Holden	Emu Plains	7.98m	7.61m	
12 Chelsea Johnson	Kings Langley	19.03m	3.32m	
-- Isabella Roelofs	Werrington	26.27m	ND	
-- Amilia Masic	Doonside	19.80m	ND	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 12 - Discus (750 Gram)**

Region: R 40.58m 18/02/2018 Rachel Bardney, Kings Langley

State: S 46.19m 15/03/2008 Filoi Aokuso, Blacktown

Name	Age Centre	Seed	Final	Points
1 Hanna Masic	Doonside	22.10m	24.31m	
2 Breanna Pace	Hills District	22.63m	22.43m	
3 Savannah Hill	Doonside	21.88m	22.43m	
4 Amelia Newman	Hills District	19.47m	21.92m	
5 Ruby Kernaghan	Hills District	17.64m	21.66m	
6 Alexis South	Colyton St Clair	21.55m	21.27m	
7 Laylah Golden	Werrington	18.95m	18.75m	
8 Amelia Johnston	Winston Hills	15.85m	16.30m	
9 Lexie Beacroft	Quakers Hill	16.53m	16.23m	
10 Nithila Kumar	Hills District	14.36m	15.73m	
11 Tara Roche	Hills District	16.09m	15.27m	
12 Larissa Ingram	Quakers Hill	13.72m	14.85m	
13 Kiarna Bretschneider	Nepean	13.12m	13.52m	
14 Hayley Yousef	Blacktown	12.10m	12.97m	
15 Sophie Davis	Hawkesbury City	12.45m	11.68m	

Girls U 13 - Discus (750 Gram)

Region: R 43.33m 10/02/2019 Rachel Bardney, The Ponds

State: S 49.57m 20/03/2009 Taylah Sengul, Winston Hills

Name	Age Centre	Seed	Final	Points
1 Kaiah Wong	Mt Druitt	41.97m	41.64m	
2 Jemma Camilleri	Cranebrook	32.94m	31.61m	
3 Jordyn Deen	Hills District	30.75m	30.00m	
4 Zhaliya Tanielu-park	Colyton St Clair	26.05m	27.63m	
5 Isabella West	Hills District	25.34m	26.06m	
6 Makaylah Cuevas	Prospect	22.21m	23.68m	
7 Jasmine Kaur	Quakers Hill	22.30m	19.64m	
8 Victoria Dunn	Hawkesbury City	20.04m	19.27m	
9 Tia Bachtis	Emu Plains	17.67m	17.62m	
10 Charlie Gravina	Rouse Hill Rams	17.07m	17.27m	
11 Olivia Briggs	The Ponds	15.81m	16.19m	
12 Reeghan Zammit	Blacktown	15.78m	15.95m	
13 Kaina Kharade	The Ponds	15.49m	15.86m	
14 Mannat Mann	Penrith	14.50m	15.78m	
15 Georgia Parsell	The Ponds	15.78m	13.32m	
-- Charlotte Bradshaw	Penrith	15.48m	ND	

Girls U 14 - Discus (1.0 Kg)

Region: R 41.74m 19/02/2016 Sally Shokry, Hills District

State: S 45.39m 20/03/2016 Sally Shokry, Hills District

Name	Age Centre	Seed	Final	Points
1 Salote Wolfgramm	Mt Druitt	38.04m	36.74m	
2 Mia Thomson	Werrington	26.82m	31.16m	
3 Ashleigh South	Colyton St Clair	23.75m	27.51m	
4 Molly Jovanovic	Hills District	28.02m	25.47m	
5 Maddison Kernaghan	Hills District	27.41m	25.28m	
6 Matilda Olson	Quakers Hill	22.62m	23.79m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 14 - Discus (1.0 Kg)**

7	Winy Lual	Prospect	19.47m	23.67m
8	Claire Giffney	Kings Langley	22.70m	22.05m
9	Zoe Mark	Nepean	22.10m	20.75m
10	Mia-Lee Conn	Mt Druitt	25.20m	20.46m
11	Amelia Brice	Hills District	19.84m	16.22m
12	Jessica Dhaliwal	Colyton St Clair	15.53m	15.41m
13	Charlotte Mear	Hills District	14.55m	13.95m
14	Andra Vintila	The Ponds	16.09m	13.75m
15	Kavisha Tiwari	Rouse Hill Rams	10.33m	10.04m

Girls U 15 - Discus (1.0 Kg)

Region: R 44.74m 18/02/2017 Sally Shokry, Hills District

State: S 48.18m 29/11/1995 Katrina Steele, Springwood

Name	Age	Centre	Seed	Final	Points
1	Courtney	Kitching	Riverstone	27.71m	25.40m
2	Tara	Hughes	Werrington	18.78m	22.20m
3	Taya	Zammit	Blacktown	17.99m	18.94m
4	Achol	Mow	Prospect	18.22m	18.65m
5	Emma	Lange	Rouse Hill Rams	13.59m	17.06m

Girls U 17 - Discus (1.0 Kg)

Region: R 43.68m 10/02/2019 Sally Shokry, Hills District

State: S 48.65m 17/02/2012 Taylah Sengul, Nepean

Name	Age	Centre	Seed	Final	Points
1	Rachel	Bardney	Winston Hills	34.84m	34.73m
2	Emma	Matthias	Werrington	32.40m	31.81m
3	Clare	Grubba	Winston Hills	31.35m	31.16m
4	Catherine	Schofield	Nepean	30.35m	28.99m
5	Amayah	Burns	Doonside	24.40m	22.61m
6	Leilani	Taufa	Hills District	20.69m	21.22m
7	Carissa	Anderson	Winston Hills	19.47m	21.04m
8	Leilani	Appleby	Lethbridge Park	19.93m	18.76m
9	Anastatia	Holbourn	Prospect	16.12m	17.30m
10	Leah	Westcott	Nepean	15.76m	17.15m
11	Chloe	Cook	Tallawong Park	15.97m	16.88m
12	Chloe	Burrows	Penrith	15.80m	16.05m
13	lauren	drady	Hawkesbury City	14.83m	15.29m
14	Caitlyn	Muscat	Hills District	14.74m	12.96m
15	Chloe	Hart	Doonside	15.25m	11.88m

Girls U 13-14 Multi Class Shot Put

Region: R 6.74m 19/02/2022 Michayla Espie (T/F20), Penrith

Name	Age	Centre	Seed	Final	Points
1	Michayla	Espie (T/F20)	Penrith	6.74mR	47.801

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 11 - Javelin (400 Gram)**

=====					
Region: R 25.90m		20/02/2016	Amelia McIlwaine, Hills District		
State: S 28.94m		19/03/2017	Rachel Bardney, Kings Langley		
Name	Age	Centre	Seed	Final	Points
=====					
1	Krystal	Emme	Hawkesbury City	18.44m	21.10m
2	Sanjana	Iyer	Winston Hills	21.42m	19.66m
3	Sarah	Galea	Cranebrook	16.60m	19.16m
4	Madison	Harris	Hills District	18.82m	17.14m
5	Ashleigh	Fallins	Winston Hills	13.76m	15.54m
6	Somer	Zapatero	Winston Hills	15.27m	14.52m
7	Summer	Hay	Riverstone	15.00m	14.48m
8	Ella	Caines	Rouse Hill Rams	13.12m	14.38m
9	Ava	Vengoa	Hills District	15.39m	13.08m
10	Anna	Coburn	Emu Plains	8.83m	10.62m
11	Isabella-mar	Parker	Doonside	6.25m	8.00m

Girls U 12 - Javelin (400 Gram)

=====					
Region: R 32.08m		16/02/2018	Rachel Bardney, Kings Langley		
State: S 34.42m		21/03/2015	Lianna Davidson, Kurrajong Bilpin		
Name	Age	Centre	Seed	Final	Points
=====					
1	Savannah	Hill	Doonside	25.34m	26.16m
2	Amelia	Newman	Hills District	23.62m	24.94m
3	Kiarna	Bretschneider	Nepean	11.93m	21.36m
4	Ivie	Figuerola	Rouse Hill Rams	18.86m	21.32m
5	Olivia	Scott-Rogers	Hills District	21.72m	20.00m
6	Laylah	Golden	Werrington	13.20m	14.98m
7	Ava	Gregory	Penrith	11.82m	14.20m
8	Molly	Hughes	Hills District	14.15m	13.70m
9	Amelia	Farag	Doonside	14.66m	12.74m
10	Caitlyn	Wise	Quakers Hill	11.56m	12.69m
11	Emma	Hoskins	Quakers Hill	11.81m	11.92m
12	Nithila	Kumar	Hills District	10.51m	11.76m
13	Hayley	Yousef	Blacktown	8.89m	9.66m
14	Dilpreet	Kaur	Blacktown	8.18m	8.20m
--	Larissa	Ingram	Quakers Hill	11.56m	ND

Girls U 13 - Javelin (400 Gram)

=====					
Region: R 34.95m		8/02/2019	Rachel Bardney, The Ponds		
State: S 45.91m		22/03/2009	Taylah Sengul, Winston Hills		
Name	Age	Centre	Seed	Final	Points
=====					
1	Jemma	Camilleri	Cranebrook	30.07m	31.92m
2	Hannah	Louise King	Hills District	31.41m	29.58m
3	Jordyn	Deen	Hills District	27.39m	26.72m
4	Abby	Cotter	Hawkesbury City	22.81m	23.78m
5	Marlee	Gill	Riverstone	21.54m	23.32m
6	Kaiah	Wong	Mt Druitt	23.60m	22.94m
7	Charlie	Gravina	Rouse Hill Rams	20.64m	22.48m
8	Amber	Reveley	Tallawong Park	24.11m	21.60m
9	Eden	Millhouse	Hills District	20.65m	20.82m
10	Olivia	Briggs	The Ponds	18.10m	19.20m
11	Makaylah	Cuevas	Prospect	19.69m	18.96m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 13 - Javelin (400 Gram)**

12 Isabella West	Hills District	15.27m	18.30m
13 Jasmine Kaur	Quakers Hill	15.87m	16.34m

Girls U 14 - Javelin (400 Gram)

Region: R 45.40m 9/02/2019 Ariana Levy, Werrington
 State: S 52.23m 18/03/2017 Lianna Davidson, Kurrajong Bilpin

Name	Age Centre	Seed	Final	Points
1 Maddison Kernaghan	Hills District	28.89m	36.82m	
2 Emily Knight	Hills District	29.04m	31.13m	
3 Samantha Wilkinson	Quakers Hill	30.33m	29.81m	
4 Isabella Henderson	Winston Hills	30.12m	26.99m	
5 Molly Jovanovic	Hills District	25.58m	25.25m	
6 Jessica White	Rouse Hill Rams	25.67m	25.20m	
7 Ashleigh South	Colyton St Clair	27.31m	22.07m	
8 Jessica Dhaliwal	Colyton St Clair	18.80m	18.82m	
9 Mia-Lee Conn	Mt Druitt	17.65m	17.63m	
10 Zoe Mark	Nepean	26.69m	17.35m	
11 Kavisha Tiwari	Rouse Hill Rams	15.87m	13.81m	
12 Michayla Espie (T/F20)	Penrith	12.01m	12.47m	
-- Aaliyah Bavadra	Penrith	22.89m	ND	

Girls U 15 - Javelin (500 Gram)

Region: R 38.70m 19/02/2017 Chloe Schwarz, Nepean
 State: S 45.81m 25/03/2018 Lianna Davidson, Kurrajong Bilpin

Name	Age Centre	Seed	Final	Points
1 Tara Hughes	Werrington	24.97m	30.76m	
2 Joelle Tham	Hills District	24.72m	26.06m	
3 Courtney Kitching	Riverstone	20.15m	19.20m	
4 Alexandra Milton	Winston Hills	20.13m	18.98m	
5 Samantha Torrens	Winston Hills	17.10m	16.60m	
6 Taya Zammit	Blacktown	14.67m	15.42m	
7 claire Potts	Hawkesbury City	13.54m	13.46m	
-- Gemma Elliott-swann	Nepean	24.70m	ND	

Girls U 17 - Javelin (500 Gram)

Region: R 42.34m 9/02/2020 Amelia McIlwaine, Winston Hills
 State: S 52.66m 16/03/2019 Lianna Davidson, Kurrajong Bilpin

Name	Age Centre	Seed	Final	Points
1 Vanessa Apel	Winston Hills	36.74m	38.46m	
2 Ariana Levy	Werrington	34.56m	34.62m	
3 Catherine Schofield	Nepean	33.92m	34.30m	
4 hayley schultz	Hills District	30.03m	31.04m	
5 Emma Matthias	Werrington	33.07m	30.30m	
6 Rachel Bardney	Winston Hills	27.73m	27.94m	
7 Lauryn Kasozi	Hills District	26.09m	27.72m	
8 Caitlyn Muscat	Hills District	25.34m	27.02m	
9 Leilani Appleby	Lethbridge Park	23.26m	25.50m	
10 Leilani Taufua	Hills District	23.70m	23.02m	
11 Chloe Cook	Tallawong Park	19.28m	17.92m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Girls U 17 - Javelin (500 Gram)**

12 Anastatia Holbourn	Prospect	15.17m	14.28m
13 Chloe Burrows	Penrith	11.50m	12.32m
14 Chloe Hart	Doonside	11.49m	9.30m

Girls U 13-14 Multi Class Discus

Region: R 15.55m 20/02/2022 Michayla Espie (T/F20), Penrith

Name	Age Centre	Seed	Final	Points
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1 Michayla Espie (T/F20)	Penrith		15.55mR	36.641
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Girls U 9 - 700 Metre Walk

Region: R 3:39.18 22/02/2015 Jessica Randall, Doonside

State: S 3:21.70 21/03/1999 Natasha Agius, Nepean

Name	Age Centre	Seed	Final	Points
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1 Keira Gill	Riverstone	4:03.53	3:56.40
2 Ruby Masters	Hills District	4:45.73	4:07.95
3 Isla Banks	Riverstone	4:57.03	4:18.06
4 Matilda Hay	Riverstone	4:29.14	4:24.99
5 Livia Muccino	Winston Hills	4:51.14	4:28.12
6 Ellie Kennedy	Winston Hills	4:51.35	4:40.85
7 Zahlia Ciftci	Quakers Hill	5:02.51	4:49.08
8 Skye Lawn	Nepean	5:30.00	4:51.29
9 Harlow Olson	Quakers Hill	5:15.99	4:51.87
10 Naya Nasser	The Ponds	5:23.35	4:52.43
11 Isabel Vida-Fong	Hills District	5:04.29	4:58.49
12 Suravi Dey	Winston Hills	5:27.24	5:15.82
13 Mary Kay	Minchinbury	6:51.17	6:28.04

Girls U 10 - 1100 Metre Walk

Region: R 6:06.68 16/02/2014 Chloe Bell, Kings Langley

State: S 5:21.20 21/03/2004 Kini Chapple, Nepean

Name	Age Centre	Seed	Final	Points
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1 Isla Berry	Hills District	6:36.58	6:19.51
2 Ivy Murray	Riverstone	7:05.93	6:20.19
3 Alexis Keraghan	Hills District	6:55.96	6:28.86
4 Seville Pace	Hills District	7:00.95	6:48.70
5 Lauren Myhre Fox	Hills District	7:18.92	6:57.54
6 Macy Simpson	Hills District	7:02.81	7:00.80
7 Olivia Ferns	Hills District	7:13.15	7:05.38
8 Gisele Jagurdzija	Blacktown	7:56.35	7:13.73
9 Georgia Williams	Blacktown	7:57.50	7:26.36
10 Aaliyah Waddell	Nepean	8:18.40	7:48.59
11 Dana Francis	Nepean	8:30.51	7:52.39
12 India Wong	Mt Drutt	10:16.65	9:09.97

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 11 - 1100 Metre Walk**

=====				
Region: R 5:37.95 9/02/2020 Matilda Webb, Winston Hills				
State: S 5:01.30 20/03/2005 Kini Chapple, Nepean				
Name	Age	Centre	Seed	Final Points
=====				
1 Cassidy Southwood		Hills District	6:42.17	6:26.01
2 Georgia Watson		Colyton St Clair	7:19.99	6:38.38
3 Alexi Schoeman		Hills District	7:16.24	6:50.71
4 Maeve Nolan		Winston Hills	7:33.49	7:04.27
5 Summer Hay		Riverstone	7:15.83	7:11.10
6 Clara Sugiana		Hills District	7:38.94	7:16.31
7 Effy Bachtis		Emu Plains	9:31.75	7:31.40
8 Ivy Mclean		Hills District	7:58.77	7:32.06
9 Layne Swan		Hills District	8:07.73	7:36.30
10 Sienna Barra		Hills District	8:07.24	7:54.87
11 Hannah Farag		Doonside	9:12.74	8:21.43

Girls U 12 - 1500 Metre Walk

=====				
Region: R 7:43.47 21/02/2021 Matilda Webb, Winston Hills				
State: S 6:38.70 20/03/1994 Renee McAskill, Nepean				
Name	Age	Centre	Seed	Final Points
=====				
1 Emma Hoskins		Quakers Hill	8:39.70	8:10.01
2 Ruby Kernaghan		Hills District	8:35.49	8:14.91
3 Lexie Beacroft		Quakers Hill	10:21.38	8:56.92
4 Tara Roche		Hills District	9:37.41	8:58.47
5 Indyana Campbell		Nepean	9:42.17	9:07.47
6 Alannah Webber		Winston Hills	11:39.14	10:47.72
7 Ilya Jowaheer		Nepean	11:37.24	10:48.00
-- Rose Rostami		Doonside	11:34.03	DQ 54.7.1.DQ
-- Emily Daly		Hawkesbury City	11:48.20	DQ 54.7.1.DQ

Girls U 13 - 1500 Metre Walk

=====				
Region: R 7:33.02 17/02/2013 Raquel Roukos, Doonside				
State: S 6:35.30 19/03/2006 Shannon Jennings, Nepean				
Name	Age	Centre	Seed	Final Points
=====				
1 Matilda Webb		Winston Hills	8:25.61	8:40.83
2 Tia Bachtis		Emu Plains	10:43.19	9:40.54
3 Amy Christie		The Ponds	10:58.04	9:46.54
4 Kaitlin Reed		Werrington	10:44.72	10:40.22
5 Tayla Dobson		Hills District	11:31.14	11:43.25
6 Marissa Walker		Lethbridge Park	13:43.06	12:41.13

Girls U 14 - 1500 Metre Walk

=====				
Region: R 7:18.30 16/02/2014 Raquel Roukos, Doonside				
State: S 6:15.40 17/03/1996 Renee McAskill, Nepean				
Name	Age	Centre	Seed	Final Points
=====				
1 Danelia Samuel		Winston Hills	8:22.17	7:52.42
2 Matilda Olson		Quakers Hill	8:44.12	8:30.88
3 Claire Giffney		Kings Langley	9:47.89	9:33.35
-- Jessica Dhaliwal		Colyton St Clair	12:01.51	DQ 54.7.1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Girls U 15 - 1500 Metre Walk**

Region: R 6:52.72 22/02/2015 Raquel Roukos, Doonside

State: S 6:24.20 16/03/1997 Renee McAskill, Doonside

Name	Age	Centre	Seed	Final	Points
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1	Samantha	Torrens	Winston Hills	7:58.38	8:05.92
2	Jessey	Bektas	Nepean	9:15.87	8:20.43
3	Abbey	Bektas	Nepean	9:27.11	8:28.51

Girls U 17 - 1500 Metre Walk

Region: R 6:44.74 16/02/2014 Jasmine Dighton, Lethbridge Park

State: S 6:38.80 17/03/2019 Allanah Pitcher, Gosford

Name	Age	Centre	Seed	Final	Points
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1	Chelsea	Roberts	Riverstone	7:38.03	7:17.23
2	Ella	Munroe	Hills District	7:36.95	7:17.40
3	Chelsey	Torrens	Winston Hills	8:44.62	8:34.78
4	Natalia	Barone	Hills District	9:23.85	8:48.13
5	Chelsea	Olbrich	Riverstone	9:56.07	9:00.19
6	Zsafia	Varga-Strike	Quakers Hill	9:43.25	9:07.06
7	Chloe	Burrows	Penrith	10:35.38	9:44.71
8	Kailey	Webber	Winston Hills	10:19.15	10:30.14

Boys U 8 - 70 Metre Sprint

Region: R 10.99 9/02/2020 Beau Argaet, Minchinbury

State: S 10.34 11/03/1978 Tim Harper, Weston Creek

State: S 10.34 11/03/1978 Mark Lever, Hornsby

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Braxton	Bates	Minchinbury	13.28	11.39Q	1
2	Oliver	Dennis	Winston Hills	11.52	11.42Q	2
3	Liam	Hayden	Hills District	11.76	11.43Q	2
4	Deucalion	Ikamui	Kings Langley	11.31	11.45Q	1
5	Jordan	Lazar	Hills District	11.87	12.01Q	1
6	Tyreece	Stanley	Lethbridge Park	13.37	12.09Q	2
7	Theo	Cross	Emu Plains	12.72	12.12q	2
8	Miller	Van Straaten	Blacktown	13.69	12.14q	2
9	Edward	Loughhead	Rouse Hill Rams	12.47	12.25	2
10	Jack	Pogmore	Werrington	13.15	12.41	2
10	Etienne	Kriesch	Winston Hills	12.80	12.41	1
12	Maafuele	Maafutoka H Lik	Doonside	13.74	12.42	1
13	Ashton	Jensen	Penrith	13.34	13.90	1

Boys U 8 - 70 Metre Sprint

Region: R 10.99 9/02/2020 Beau Argaet, Minchinbury

State: S 10.34 11/03/1978 Tim Harper, Weston Creek

State: S 10.34 11/03/1978 Mark Lever, Hornsby

Name	Age	Centre	Heats	Final	Points
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Final

1	Braxton	Bates	Minchinbury	11.39	11.26
2	Deucalion	Ikamui	Kings Langley	11.45	11.33

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 8 - 70 Metre Sprint**

3	Oliver Dennis	Winston Hills	11.42	11.38
4	Liam Hayden	Hills District	11.43	11.53
5	Jordan Lazar	Hills District	12.01	11.82
6	Tyreece Stanley	Lethbridge Park	12.09	12.01
7	Miller Van Straaten	Blacktown	12.14	12.22
7	Theo Cross	Emu Plains	12.12	12.22

Boys U 9 - 70 Metre Sprint

Region:	R 10.45	9/02/2020	Peini Ika, Tallawong Park
State:	S 9.94	22/03/1998	John Grant, Canowindra
State:	S 9.94	20/02/2000	Daniel Perkins, Sutherland
State:	S 9.94	19/03/2000	Michael Oldfield, Manly Warringah
State:	S 9.94	18/03/2007	Benjamin Alessio, St George

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Alexander Simpson	Emu Plains	12.09	11.17Q	1
2	Aaron Qu	Rouse Hill Rams	11.57	11.26Q	2
3	Ben Spadaro	Prospect	11.73	11.24Q	1
4	Aarav Upadhyay	Hills District	11.83	11.34Q	2
5	Jarlath Jarrett	Rouse Hill Rams	11.72	11.32Q	1
6	Lucas Eustace	Rouse Hill Rams	11.83	11.60Q	2
7	Daniel Latu	Colyton St Clair	12.80	11.56q	1
8	Ashton Sebastian	Hills District	11.90	11.57q	1
9	Tristan Ramasamy	The Ponds	12.65	11.81	2
10	Mason Woods	Hills District	12.71	11.96	2
11	Methuja Amarasena	Penrith	12.70	11.99	2
12	Phoenix Taufa	Hills District	12.66	12.13	1
13	Nate Carroll	Penrith	12.32	12.18	2
14	Alan Tony Payyappilly	Emu Plains	12.68	12.23	1
15	Aaron Job	Tallawong Park	12.98	12.46	1

Boys U 9 - 70 Metre Sprint

Region:	R 10.45	9/02/2020	Peini Ika, Tallawong Park
State:	S 9.94	22/03/1998	John Grant, Canowindra
State:	S 9.94	20/02/2000	Daniel Perkins, Sutherland
State:	S 9.94	19/03/2000	Michael Oldfield, Manly Warringah
State:	S 9.94	18/03/2007	Benjamin Alessio, St George

Name	Age	Centre	Heats	Final	Points
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Final

1	Ben Spadaro	Prospect	11.24	10.84
2	Alexander Simpson	Emu Plains	11.17	10.94
3	Aaron Qu	Rouse Hill Rams	11.26	11.09
4	Jarlath Jarrett	Rouse Hill Rams	11.32	11.12
5	Aarav Upadhyay	Hills District	11.34	11.14
6	Daniel Latu	Colyton St Clair	11.56	11.34
7	Ashton Sebastian	Hills District	11.57	11.49
8	Lucas Eustace	Rouse Hill Rams	11.60	11.67

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 10 - 70 Metre Sprint**

Region: R 10.15 18/02/2018 Rhys Webster, Winston Hills
 State: S 9.54 20/03/1999 Christopher Lawrence, Campbelltown
 State: S 9.54 19/03/2000 Josh Mulligan, Gosford

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Jardii Ikamui	Kings Langley	10.38	10.68Q	1
2	Xavier Eason	Hills District	10.81	10.82Q	2
3	Riley McDonald	Rouse Hill Rams	11.64	10.95Q	2
4	Maximilianvs DE Vita	Emu Plains	11.49	11.04Q	1
5	Deston Campbell	Doonside	11.43	11.04Q	2
6	Taran Memphis Halaua Lat	Doonside	11.52	11.08Q	1
7	Aharshan Sivaniruban	Kings Langley	11.25	11.10q	1
8	Hayden Macaulay	Penrith	11.92	11.20q	1
9	Peter Bachtis	Emu Plains	11.12	11.22	2
10	Mitchell Darlow	The Ponds	11.86	11.23	1
11	Vinal Liyanage	The Ponds	11.95	11.36	1
12	Swarthik Thushyanthan	Kings Langley	11.93	11.70	2
12	Noah Cunich	Rouse Hill Rams	11.44	11.70	2
14	Lachlan Macheski	Winston Hills	11.92	11.97	2

Boys U 10 - 70 Metre Sprint

Region: R 10.15 18/02/2018 Rhys Webster, Winston Hills
 State: S 9.54 20/03/1999 Christopher Lawrence, Campbelltown
 State: S 9.54 19/03/2000 Josh Mulligan, Gosford

Name	Age	Centre	Heats	Final	Points
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Final

1	Jardii Ikamui	Kings Langley	10.68	10.32	
2	Xavier Eason	Hills District	10.82	10.59	
3	Riley McDonald	Rouse Hill Rams	10.95	10.66	
4	Aharshan Sivaniruban	Kings Langley	11.10	10.95	
5	Deston Campbell	Doonside	11.04	10.96	
6	Maximilianvs DE Vita	Emu Plains	11.04	10.97	
7	Taran Memphis Halaua Lat	Doonside	11.08	11.11	
8	Hayden Macaulay	Penrith	11.20	11.24	

Boys U 8 - 100 Metre Sprint

Region: R 15.40 15/02/2014 Nathaniel Idehen, Hills District
 State: S 14.24 12/03/1978 Tim Harper, Weston Creek

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Deucaleon Ikamui	Kings Langley	16.16	16.80Q	1
2	Oliver Dennis	Winston Hills	16.26	16.92Q	2
3	Braxton Bates	Minchinbury	18.03	16.88Q	1
4	Theo Cross	Emu Plains	16.33	17.54Q	2
5	Harrison Bouquet	Winston Hills	17.03	17.42Q	1
6	Tyreece Stanley	Lethbridge Park	18.19	17.59Q	2
7	Jackson Brown	The Ponds	18.52	17.69q	2
8	Liam Hayden	Hills District	17.16	17.83q	1
9	Miller Van Straaten	Blacktown	18.63	18.12	1
10	Jamie Hochstetter	Hills District	17.82	18.21	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 8 - 100 Metre Sprint**

11 Axel Speeding	Colyton St Clair	17.21	18.27	2
12 Jayden Finn	Emu Plains	17.65	18.34	2
13 Levi Brothers	Cranebrook	17.50	19.41	1
14 Ashton Jensen	Penrith	17.61	19.96	1

Boys U 8 - 100 Metre Sprint

Region: R 15.40 15/02/2014 Nathaniel Idehen, Hills District

State: S 14.24 12/03/1978 Tim Harper, Weston Creek

Name	Age Centre	Heats	Final	Points
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Final

1 Oliver Dennis	Winston Hills	16.92	16.24	
2 Deucalion Ikamui	Kings Langley	16.80	16.26	
3 Braxton Bates	Minchinbury	16.88	16.48	
4 Liam Hayden	Hills District	17.83	16.67	
5 Harrison Bouquet	Winston Hills	17.42	17.43	
6 Tyreece Stanley	Lethbridge Park	17.59	17.53	
7 Theo Cross	Emu Plains	17.54	17.59	
8 Jackson Brown	The Ponds	17.69	17.64	

Boys U 9 - 100 Metre Sprint

Region: R 14.60 15/02/2014 Joshua Debritt, Cranebrook

State: S 13.64 21/02/1998 Christopher Lawrence, Campbelltown

Name	Age Centre	Seed	Heats	H#
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Heats

1 Patrick Boafo	Prospect	16.44	15.34Q	2
2 Arthur Balkin	Emu Plains	16.30	15.94Q	1
3 Aaron Qu	Rouse Hill Rams	16.29	16.16Q	2
4 Alexander Simpson	Emu Plains	16.29	16.25Q	1
5 Jarlath Jarrett	Rouse Hill Rams	16.92	16.24Q	2
6 Daniel Latu	Colyton St Clair	16.95	16.62Q	1
7 Blake Miller	Penrith	16.51	16.58q	2
8 Ashton Sebastian	Hills District	16.78	16.64q	2
9 Koen Beale	Penrith	17.32	16.84	2
9 Levi Holden	Emu Plains	16.74	16.84	1
11 Tatum Kriesch	Winston Hills	16.68	16.99	1
12 Benjamin Connolly	Penrith	17.17	17.08	1
13 Jalen Karbon	The Ponds	17.90	17.15	1
14 Tristan Ramasamy	The Ponds	17.90	17.19	1
15 Dre Waters	Hawkesbury City	17.33	17.25	2
16 Elijah Guardia	Prospect	17.97	17.29	2

Boys U 9 - 100 Metre Sprint

Region: R 14.60 15/02/2014 Joshua Debritt, Cranebrook

State: S 13.64 21/02/1998 Christopher Lawrence, Campbelltown

Name	Age Centre	Heats	Final	Points
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Final

1 Patrick Boafo	Prospect	15.34	15.38	
2 Arthur Balkin	Emu Plains	15.94	15.62	
3 Aaron Qu	Rouse Hill Rams	16.16	15.71	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 9 - 100 Metre Sprint**

4 Alexander Simpson	Emu Plains	16.25	15.74
5 Daniel Latu	Colyton St Clair	16.62	16.11
6 Blake Miller	Penrith	16.58	16.12
7 Jarlath Jarrett	Rouse Hill Rams	16.24	16.19
8 Ashton Sebastian	Hills District	16.64	16.28

Boys U 10 - 100 Metre Sprint

Region: R 13.95 9/02/2019 Dylan Taylor-rogers, Cranebrook

State: S 12.94 12/03/1978 Philip Provenzano, Randwick Botany

Name	Age Centre	Seed	Heats	H#
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Heats

1 Xavier Eason	Hills District	14.91	15.13Q	1
2 Jardii Ikamui	Kings Langley	14.48	15.48Q	2
3 Cameron Batey	Hills District	14.97	15.17Q	1
4 Liam Van Eck	Quakers Hill	16.72	16.38Q	2
5 Peter Bachtis	Emu Plains	16.06	15.77Q	1
6 Aarush Kumar	Hills District	16.02	16.44Q	2
7 Layton Mills	Prospect	16.56	15.79q	1
8 Bernie Irvine	Winston Hills	16.10	15.87q	1
9 Callum McMillan	The Ponds	16.80	16.47	2
10 Hayden Macaulay	Penrith	16.66	16.55	1
11 Eli Simpson	Werrington	17.42	16.68	1
12 Noah Cunich	Rouse Hill Rams	15.67	16.71	2
13 Quinn Jeffrey	Tallawong Park	17.23	16.74	1
14 Gavinu Wijayarathna	Penrith	20.04	19.47	2

Boys U 10 - 100 Metre Sprint

Region: R 13.95 9/02/2019 Dylan Taylor-rogers, Cranebrook

State: S 12.94 12/03/1978 Philip Provenzano, Randwick Botany

Name	Age Centre	Heats	Final	Points
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Final

1 Jardii Ikamui	Kings Langley	15.48	14.65
2 Xavier Eason	Hills District	15.13	14.89
3 Cameron Batey	Hills District	15.17	15.01
4 Peter Bachtis	Emu Plains	15.77	15.46
5 Layton Mills	Prospect	15.79	15.90
6 Bernie Irvine	Winston Hills	15.87	16.07
7 Liam Van Eck	Quakers Hill	16.38	16.20
8 Aarush Kumar	Hills District	16.44	16.37

Boys U 11 - 100 Metre Sprint

Region: R 13.45 17/02/2018 Lachlan Powell, Hills District

State: S 12.64 12/03/1978 Robert Stanford, Nepean

Name	Age Centre	Seed	Heats	H#
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Heats

1 Peini Ika	Doonside	14.85	14.35Q	2
2 Vakalahi Taufu	Hills District	15.15	15.17Q	1
3 Jeremy Boafo	Prospect	15.81	14.83Q	2
4 Remy Cross	Emu Plains	14.66	15.26Q	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - 100 Metre Sprint**

5	Zachary Bateman	Penrith	14.14	15.01Q	2
6	James Loughhead	Rouse Hill Rams	15.20	15.28Q	1
7	Magnus Myhre Fox	Hills District	15.40	15.11q	2
8	Cohen Burville	The Ponds	15.93	15.29q	1
9	Lachlan Cordell	Cranebrook	15.09	15.60	2
10	Xavier Scheepers	Hills District	15.32	15.82	2
11	Bailey Plunkett	Penrith	15.56	16.19	1
12	Denzel Odhiambo	Emu Plains	15.87	16.34	1

Boys U 11 - 100 Metre Sprint

Region: R 13.45 17/02/2018 Lachlan Powell, Hills District

State: S 12.64 12/03/1978 Robert Stanford, Nepean

Name	Age	Centre	Heats	Final	Points
Final					
1	Peini Ika	Doonside	14.35	14.03	
2	Zachary Bateman	Penrith	15.01	14.46	
3	Jeremy Boafo	Prospect	14.83	14.50	
4	Magnus Myhre Fox	Hills District	15.11	14.71	
5	Remy Cross	Emu Plains	15.26	15.12	
6	James Loughhead	Rouse Hill Rams	15.28	15.15	
6	Cohen Burville	The Ponds	15.29	15.15	
8	Vakalahi Taufa	Hills District	15.17	15.33	

Boys U 12 - 100 Metre Sprint

Region: R 13.06 20/02/2021 Epeosi Ugbonhe, Werrington

State: S 12.04 20/03/1999 Todd Shanahan, Macquarie Shores

State: S 12.04 23/03/2013 James Roach, Randwick Botany

Name	Age	Centre	Seed	Heats	H#
Heats					
1	Noah Kemp	Hawkesbury City	14.06	13.87Q	1
2	Lachlan Albert	Hills District	14.75	14.24Q	2
3	Adam Nasser	The Ponds	14.85	14.33Q	1
4	Alexander Benforte	Rouse Hill Rams	14.48	14.37Q	2
5	Charlie Andrews	Winston Hills	14.88	14.77Q	1
6	Baraka Ntabo	Quakers Hill	15.69	14.93Q	2
7	Akhil Hariharan	Rouse Hill Rams	15.22	15.14q	2
8	Jake Wynne	Kings Langley	15.61	15.18q	1
9	Eli Ma'u	Doonside	15.74	15.21	2
10	Tristan Daly	Hawkesbury City	15.99	15.35	2
11	Thomas Clarke	Tallawong Park	15.83	15.44	1
12	Brayden Kelly	Penrith	15.55	15.57	2
13	Findlay Toohey	Emu Plains	15.69	15.98	1
14	Alex Jack	Kings Langley	15.91	15.99	1
15	Zachary Herrero	Werrington	16.92	16.91	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 12 - 100 Metre Sprint**

Region: R 13.06 20/02/2021 Epeosi Ugbohmeh, Werrington
 State: S 12.04 20/03/1999 Todd Shanahan, Macquarie Shores
 State: S 12.04 23/03/2013 James Roach, Randwick Botany

Name	Age Centre	Heats	Final	Points
Final				
1 Noah Kemp	Hawkesbury City	13.87	13.54	
2 Adam Nasser	The Ponds	14.33	13.95	
3 Lachlan Albert	Hills District	14.24	13.98	
4 Alexander Benforte	Rouse Hill Rams	14.37	14.14	
5 Charlie Andrews	Winston Hills	14.77	14.49	
6 Baraka Ntabo	Quakers Hill	14.93	14.63	
7 Jake Wynne	Kings Langley	15.18	14.99	

Boys U 13 - 100 Metre Sprint

Region: R 11.70 15/02/2014 Shane Munaweera, Jamison
 State: S 11.72 22/03/2014 James Roach, Randwick Botany

Name	Age Centre	Seed	Heats	H#
Heats				
1 Jack Proudford	Hills District	12.60	12.76Q	2
2 Dylan Taylor-rogers	Cranebrook	14.03	13.61Q	1
3 Alex Spadaro	Prospect	13.78	13.20Q	2
4 Marcus Catford	Hills District	13.69	13.67Q	1
5 Julian Freelander	Hills District	13.69	13.93Q	1
6 Ethan Aguasa	Quakers Hill	14.25	14.16Q	2
7 Noah Sharman	Winston Hills	14.38	14.17q	2
8 Koby Bell	The Ponds	14.40	14.26q	1
9 Dean Grant	Winston Hills	13.91	14.32	1
10 Jesiah Smith	Tallawong Park	14.40	14.47	1
11 Ruhan Kalal	Kings Langley	13.70	14.75	2
12 Aarush Anandh	Hills District	14.50	15.13	2
13 Noah Hams	Colyton St Clair	15.20	15.34	1
14 Kaikona Taufu	Hills District	14.93	15.39	2
15 Jai Thornton	Penrith	15.37	15.51	1

Boys U 13 - 100 Metre Sprint

Region: R 11.70 15/02/2014 Shane Munaweera, Jamison
 State: S 11.72 22/03/2014 James Roach, Randwick Botany

Name	Age Centre	Heats	Final	Points
Final				
1 Jack Proudford	Hills District	12.76	12.56	
2 Alex Spadaro	Prospect	13.20	12.89	
3 Dylan Taylor-rogers	Cranebrook	13.61	13.35	
4 Marcus Catford	Hills District	13.67	13.45	
5 Julian Freelander	Hills District	13.93	13.71	
6 Noah Sharman	Winston Hills	14.17	13.88	
7 Ethan Aguasa	Quakers Hill	14.16	13.92	
8 Koby Bell	The Ponds	14.26	14.16	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 14 - 100 Metre Sprint**

Region: R 11.50 15/02/2014 Walther Wegmann, Kings Langley
 State: S 11.34 17/03/1996 Matthew Manns, Ingleburn RSL
 State: S 11.34 15/03/2008 Nicholas Hough, Hills District

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Liam Hayes	Hills District	12.52	12.14Q	2
2	Xavier Perry	Nepean	12.26	12.22Q	1
3	Taylan Weissel	Hills District	12.75	12.58Q	2
4	Joshua Hand	Winston Hills	12.70	13.01Q	1
5	Ethan Hadfield	Werrington	12.52	12.62Q	2
6	Luke Alderson	Penrith	13.19	13.11Q	1
7	Luca de Burnay Thompson	Hawkesbury City	12.77	13.06q	2
8	Cooper Thorpe	Hills District	13.82	13.25q	1
9	Derrick Acellam Oyoo	Prospect	14.40	13.33	2
10	Connor Crisp	The Ponds	14.30	13.44	2
11	Nikhil Jowaheer	Nepean	14.78	14.74	1

Boys U 14 - 100 Metre Sprint

Region: R 11.50 15/02/2014 Walther Wegmann, Kings Langley
 State: S 11.34 17/03/1996 Matthew Manns, Ingleburn RSL
 State: S 11.34 15/03/2008 Nicholas Hough, Hills District

Name	Age	Centre	Heats	Final	Points
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Final

1	Xavier Perry	Nepean	12.22	12.13	
2	Liam Hayes	Hills District	12.14	12.18	
3	Ethan Hadfield	Werrington	12.62	12.43	
4	Taylan Weissel	Hills District	12.58	12.64	
5	Luke Alderson	Penrith	13.11	13.00	
6	Joshua Hand	Winston Hills	13.01	13.08	
7	Cooper Thorpe	Hills District	13.25	13.37	

Boys U 15 - 100 Metre Sprint

Region: R 11.50 15/02/2014 Jarod Rockall, Kings Langley
 State: S 10.84 21/03/2009 Nicholas Hough, Hills District

Name	Age	Centre	Seed	Heats	H#
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Heats

1	John Mcdonald	Nepean	11.98	11.86Q	1
2	Dylan Illangantilake	Hills District	11.61	11.97Q	2
3	Amir Saeedi	Hills District	12.18	12.27Q	2
4	Benjamin Kasozi	Hills District	12.10	12.30Q	1
5	Noah Baccan Ribeiro	Hills District	12.12	12.31Q	2
6	Caeleb Henderson	Winston Hills	12.46	12.55Q	1
7	Kian Brown	Emu Plains	12.69	12.38q	2
8	Malakai Bavadra	Penrith	12.68	12.43q	2
9	Zackary Armitage	Prospect	13.35	12.74	2
10	Jack Cummins	Quakers Hill	12.91	12.77	1
11	Jack Fyfe	Lethbridge Park	13.73	13.42	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - 100 Metre Sprint**

Region: R 11.50 15/02/2014 Jarod Rockall, Kings Langley
 State: S 10.84 21/03/2009 Nicholas Hough, Hills District

Name	Age Centre	Heats	Final	Points
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Final

1	John Mcdonald	Nepean	11.86	11.79
2	Dylan Illangantilake	Hills District	11.97	11.89
3	Amir Saeedi	Hills District	12.27	12.35
4	Benjamin Kasozi	Hills District	12.30	12.41
5	Kian Brown	Emu Plains	12.38	12.49
6	Noah Baccan Ribeiro	Hills District	12.31	12.50
7	Caeleb Henderson	Winston Hills	12.55	12.85

Boys U 17 - 100 Metre Sprint

Region: R 11.00 15/02/2014 Brock O'Donnell, Doonside
 State: S 10.80 17/02/2018 Godfrey Okerenyang, Camden

Name	Age Centre	Seed	Heats	H#
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Heats

1	Lachlan Wood	Winston Hills	11.12	11.47Q	2
2	Travis Hargrave	Hawkesbury City	11.33	11.71Q	1
3	Adrian Hadfield	Werrington	11.53	11.81Q	1
4	Jake Hayter	Blacktown	12.18	11.87Q	2
5	Adam Almoail	Doonside	12.33	12.02Q	1
6	Zachary Porter	Winston Hills	11.86	12.16Q	2
7	Stuart Cregan	Doonside	12.28	12.09q	1
8	Matthias Barrett	Prospect	12.56	12.31q	2
9	Benjamin Waring	Hills District	11.88	12.31q	2
10	Cameron Davies	Hawkesbury City	11.98	12.32	2
11	faris Khan	Hills District	11.87	12.52	1
12	Aidan Faller	Prospect	12.63	12.55	1
13	Sourav Suresh	Penrith	13.51	13.24	1

Boys U 17 - 100 Metre Sprint

Region: R 11.00 15/02/2014 Brock O'Donnell, Doonside
 State: S 10.80 17/02/2018 Godfrey Okerenyang, Camden

Name	Age Centre	Heats	Final	Points
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Final

1	Lachlan Wood	Winston Hills	11.47	11.39
2	Travis Hargrave	Hawkesbury City	11.71	11.54
3	Adrian Hadfield	Werrington	11.81	11.69
4	Adam Almoail	Doonside	12.02	11.82
5	Jake Hayter	Blacktown	11.87	11.83
6	Stuart Cregan	Doonside	12.09	12.21
7	Zachary Porter	Winston Hills	12.16	12.22
8	Matthias Barrett	Prospect	12.31	12.33
9	Benjamin Waring	Hills District	12.31	12.50

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 8 - 200 Metre Sprint**

Region: R 30.64 19/02/2017 Joseph Ezekiel, Werrington					
State: S 30.64 19/02/2017 Joseph Ezekiel, Werrington					
Name	Age	Centre	Seed	Heats	H#
Heats					
1 Theodore Foggo		Winston Hills	33.55	33.33Q	2
2 Oliver Dennis		Winston Hills	33.43	33.38Q	1
3 William Treharne		Nepean	36.08	34.93Q	1
4 Thys Roodt		Hills District	35.34	35.14Q	2
5 Hudson Tait		Hills District	36.06	35.46Q	1
6 Riley Penning		Colyton St Clair	39.14	35.72Q	2
7 Jack Furno		Winston Hills	36.96	35.75q	2
8 Hadriel Fernando		Quakers Hill	39.17	36.72q	1
9 Hunter Campbell		Minchinbury	40.02	36.79	1
10 Senal Liyanage		The Ponds	40.70	37.49	2
11 Lincoln Davis		Hawkesbury City	38.08	37.57	2
12 Oliver Masik		Hills District	38.48	37.89	2
13 Luca D'Urso		Hills District	38.18	38.36	1

Boys U 8 - 200 Metre Sprint

Region: R 30.64 19/02/2017 Joseph Ezekiel, Werrington					
State: S 30.64 19/02/2017 Joseph Ezekiel, Werrington					
Name	Age	Centre	Heats	Final	Points
Final					
1 Theodore Foggo		Winston Hills	33.33	32.44	
2 Oliver Dennis		Winston Hills	33.38	32.93	
3 William Treharne		Nepean	34.93	34.03	
4 Hudson Tait		Hills District	35.46	34.21	
5 Thys Roodt		Hills District	35.14	34.98	
6 Jack Furno		Winston Hills	35.75	35.85	
7 Hadriel Fernando		Quakers Hill	36.72	35.93	
8 Riley Penning		Colyton St Clair	35.72	35.98	

Boys U 9 - 200 Metre Sprint

Region: R 29.87 18/02/2018 Joseph Ezekiel, Werrington					
State: S 28.44 22/03/1975 Glen Murgatroyd, Campbelltown					
Name	Age	Centre	Seed	Heats	H#
Heats					
1 Patrick Boaf		Prospect	35.84	32.26Q	2
2 Aaron Qu		Rouse Hill Rams	33.80	33.11Q	1
3 Levi White		Colyton St Clair	35.56	33.35Q	1
3 Ben Spadaro		Prospect	36.69	33.35Q	2
5 Ashton Sebastian		Hills District	34.61	33.68Q	2
6 Tatum Kriesch		Winston Hills	34.79	33.78Q	1
7 Blake Miller		Penrith	35.77	34.04q	2
8 Alexander Simpson		Emu Plains	36.40	34.54q	1
9 Luka Hami-Razavi		Hills District	36.07	34.79	1
10 Jett Ward		Emu Plains	37.62	34.84	1
11 Tristan Ramasamy		The Ponds	39.92	35.79	2
12 Mason Woods		Hills District	37.62	36.44	2
13 Aaron Job		Tallawong Park	40.81	36.80	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 9 - 200 Metre Sprint**

14 Aarav Upadhyay	Hills District	34.76	37.34	2
15 Rhys Bergan	Hills District	37.28	37.99	2
-- Benjamin Connolly	Penrith	37.31	DQ	1

Boys U 9 - 200 Metre Sprint

Region: R 29.87 18/02/2018 Joseph Ezekiel, Werrington
 State: S 28.44 22/03/1975 Glen Murgatroyd, Campbelltown

Name	Age Centre	Heats	Final	Points
Final				
1 Patrick Boafo	Prospect	32.26	32.01	
2 Aaron Qu	Rouse Hill Rams	33.11	32.49	
2 Ben Spadaro	Prospect	33.35	32.49	
4 Levi White	Colyton St Clair	33.35	33.35	
5 Blake Miller	Penrith	34.04	33.97	
6 Ashton Sebastian	Hills District	33.68	34.57	
7 Tatum Kriesch	Winston Hills	33.78	35.04	
8 Alexander Simpson	Emu Plains	34.54	36.82	

Boys U 10 - 200 Metre Sprint

Region: R 29.33 9/02/2020 Alexander Benforte, Rouse Hill
 State: S 26.94 11/03/1978 Chris Newman, Queanbeyan

Name	Age Centre	Seed	Heats	H#
Heats				
1 Cameron Batey	Hills District	30.40	30.79Q	2
2 Xavier Eason	Hills District	30.17	31.18Q	1
3 Peter Bachtis	Emu Plains	35.38	32.11Q	1
4 Carter Bergan	Hills District	32.19	32.30Q	2
5 Liam Banks	Riverstone	33.69	32.49Q	1
6 Callum McMillan	The Ponds	36.01	33.02Q	2
7 Heath Broughton	Hawkesbury City	32.75	32.57q	1
8 Liam Van Eck	Quakers Hill	34.64	33.19q	2
9 Peiu Viko	Winston Hills	34.16	33.59	2
10 Lucas Mcpherson	Penrith	36.16	33.77	2
11 Hayden Macaulay	Penrith	38.14	34.36	2
12 Cyrus Hayter	Quakers Hill	38.97	35.34	1
13 Yavniel Fernando	Quakers Hill	38.01	35.48	1
13 Quinn Jeffrey	Tallawong Park	36.73	35.48	1
15 Harvey Nix	Penrith	38.06	39.09	2

Boys U 10 - 200 Metre Sprint

Region: R 29.33 9/02/2020 Alexander Benforte, Rouse Hill
 State: S 26.94 11/03/1978 Chris Newman, Queanbeyan

Name	Age Centre	Heats	Final	Points
Final				
1 Xavier Eason	Hills District	31.18	30.36	
2 Cameron Batey	Hills District	30.79	30.55	
3 Peter Bachtis	Emu Plains	32.11	31.94	
4 Carter Bergan	Hills District	32.30	31.96	
5 Liam Banks	Riverstone	32.49	32.62	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 10 - 200 Metre Sprint**

6 Heath Broughton	Hawkesbury City	32.57	32.63
7 Callum McMillan	The Ponds	33.02	33.36
8 Liam Van Eck	Quakers Hill	33.19	33.39

Boys U 11 - 200 Metre Sprint

Region: R 27.52 18/02/2018 Lachlan Powell, Hills District
 State: S 25.84 11/03/1978 Robert Stanford, Nepean

Name	Age Centre	Seed	Heats	H#
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Heats

1 Peini Ika	Doonside	32.27	29.65Q	1
2 Vakalahi Taufu	Hills District	30.60	30.82Q	2
3 Jeremy Boafo	Prospect	34.29	29.81Q	1
4 Hayden Straub	Doonside	35.15	31.33Q	2
5 Magnus Myhre Fox	Hills District	34.96	30.01Q	1
6 Aiden Lawn	Nepean	34.67	32.20Q	2
7 Timothy Hammond	Emu Plains	32.02	30.24q	1
8 Ryan Haaf	Winston Hills	30.87	30.79q	1
9 Finn Sweeney	Hills District	31.35	31.00	1
10 Tristan Quee	Hills District	32.66	32.78	2
11 Luke Donaghy	Winston Hills	32.95	32.87	2
12 Brian Jack	Kings Langley	34.51	33.57	2
13 Denzel Odhiambo	Emu Plains	34.92	33.58	1

Boys U 11 - 200 Metre Sprint

Region: R 27.52 18/02/2018 Lachlan Powell, Hills District
 State: S 25.84 11/03/1978 Robert Stanford, Nepean

Name	Age Centre	Heats	Final	Points
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Final

1 Peini Ika	Doonside	29.65	29.83	
2 Jeremy Boafo	Prospect	29.81	30.25	
3 Timothy Hammond	Emu Plains	30.24	30.36	
4 Vakalahi Taufu	Hills District	30.82	30.85	
5 Ryan Haaf	Winston Hills	30.79	30.91	
6 Magnus Myhre Fox	Hills District	30.01	31.24	
7 Hayden Straub	Doonside	31.33	31.85	
8 Aiden Lawn	Nepean	32.20	34.12	

Boys U 12 - 200 Metre Sprint

Region: R 25.56 17/02/2013 Shane Munaweera, Jamison
 State: S 24.43 25/03/2018 Rashid Kabba, Holroyd

Name	Age Centre	Seed	Heats	H#
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Heats

1 Noah Kemp	Hawkesbury City	28.01	27.99Q	2
2 Lachlan Albert	Hills District	28.82	28.85Q	1
3 Alexander Benforte	Rouse Hill Rams	29.46	28.64Q	2
4 Bryson Samuel	Winston Hills	29.21	29.33Q	1
5 Charlie Andrews	Winston Hills	31.06	30.51Q	1
6 Baraka Ntabo	Quakers Hill	32.61	30.97Q	2
7 Eli Ma'u	Doonside	33.39	31.08q	2

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 12 - 200 Metre Sprint**

8 Mekaeeel Khan	Hills District	32.07	31.44q	1
9 Owen Levy	Werrington	35.10	32.51	1
10 Hunter Puapua	Prospect	33.87	32.55	2
11 Maxx Patel	Prospect	33.76	32.73	1
12 Alex Jack	Kings Langley	33.69	33.98	1

Boys U 12 - 200 Metre Sprint

Region: R 25.56 17/02/2013 Shane Munaweera, Jamison

State: S 24.43 25/03/2018 Rashid Kabba, Holroyd

Name	Age	Centre	Heats	Final	Points
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Final

1 Noah Kemp		Hawkesbury City	27.99	27.36	
2 Lachlan Albert		Hills District	28.85	28.53	
3 Alexander Benforte		Rouse Hill Rams	28.64	28.55	
4 Bryson Samuel		Winston Hills	29.33	29.02	
5 Charlie Andrews		Winston Hills	30.51	30.15	
6 Baraka Ntabo		Quakers Hill	30.97	30.98	
7 Eli Ma'u		Doonside	31.08	31.03	
8 Mekaeeel Khan		Hills District	31.44	32.15	

Boys U 13 - 200 Metre Sprint

Region: R 24.69 18/02/2018 Lachlan Wood, Winston Hills

State: S 23.34 18/03/2007 Nicholas Hough, Hills District

Name	Age	Centre	Seed	Heats	H#
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Heats

1 Jack Proudford		Hills District	25.93	26.03Q	1
2 Marcus Catford		Hills District	27.29	27.12Q	2
3 Alex Spadaro		Prospect	28.29	27.15Q	1
4 Julian Freeland		Hills District	27.31	27.51Q	2
5 Dylan Taylor-rogers		Cranebrook	29.49	27.93Q	1
6 Kael Brown		Emu Plains	29.38	28.33Q	2
7 Dean Grant		Winston Hills	29.07	28.64q	1
8 Koby Bell		The Ponds	29.58	28.77q	1
9 Ruhan Kalal		Kings Langley	29.20	29.42	2
10 Noah Hams		Colyton St Clair	31.72	31.19	2

Boys U 13 - 200 Metre Sprint

Region: R 24.69 18/02/2018 Lachlan Wood, Winston Hills

State: S 23.34 18/03/2007 Nicholas Hough, Hills District

Name	Age	Centre	Heats	Final	Points
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Final

1 Jack Proudford		Hills District	26.03	25.35	
2 Alex Spadaro		Prospect	27.15	26.19	
3 Marcus Catford		Hills District	27.12	26.85	
4 Julian Freeland		Hills District	27.51	26.97	
5 Dylan Taylor-rogers		Cranebrook	27.93	27.67	
6 Kael Brown		Emu Plains	28.33	27.76	
7 Koby Bell		The Ponds	28.77	29.16	
8 Dean Grant		Winston Hills	28.64	29.78	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 14 - 200 Metre Sprint**

Region: R 23.79 10/02/2019 Lachlan Wood, Winston Hills

State: S 22.64 19/02/2006 Luke Hamer, St George

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Liam Hayes	Hills District	25.35	24.42Q	2
2	Xavier Perry	Nepean	25.39	24.73Q	1
3	Ethan Hadfield	Werrington	26.45	25.02Q	2
4	Joshua Hand	Winston Hills	25.95	26.25Q	1
5	Taylan Weissel	Hills District	27.14	26.02Q	2
6	Luke Alderson	Penrith	27.67	26.58Q	1
7	Derrick Acellam Oyoo	Prospect	28.33	26.52q	2
8	Alexander Powell	Rouse Hill Rams	30.13	29.76q	2
9	Maverick Blunden	Hawkesbury City	43.55	43.02	1

Boys U 14 - 200 Metre Sprint

Region: R 23.79 10/02/2019 Lachlan Wood, Winston Hills

State: S 22.64 19/02/2006 Luke Hamer, St George

Name	Age	Centre	Heats	Final	Points
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Final

1	Xavier Perry	Nepean	24.73	23.91	
2	Liam Hayes	Hills District	24.42	24.51	
3	Ethan Hadfield	Werrington	25.02	25.15	
4	Joshua Hand	Winston Hills	26.25	25.64	
5	Taylan Weissel	Hills District	26.02	25.89	
6	Luke Alderson	Penrith	26.58	25.90	
7	Derrick Acellam Oyoo	Prospect	26.52	26.14	

Boys U 15 - 200 Metre Sprint

Region: R 23.15 21/02/2016 Joshua McLachlan, Werrington

State: S 21.74 22/02/2009 Nicholas Hough, Hills District

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Amir Saeedi	Hills District	24.42	24.38Q	1
2	Dylan Illangantilake	Hills District	24.27	25.42Q	2
3	Kian Brown	Emu Plains	25.81	24.56Q	1
4	Daniel Kasozi	Hills District	27.40	26.58Q	2
5	Zackary Armitage	Prospect	27.36	25.46Q	1
6	Jack Fyfe	Lethbridge Park	28.35	26.71Q	2
7	Jack Cummins	Quakers Hill	27.01	25.63q	1
8	Isaac Chevalier	Winston Hills	26.75	27.21q	2
9	Conor McNeill	Hawkesbury City	26.71	27.60	2
10	Ajay Konantambigi	Winston Hills	29.75	31.02	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - 200 Metre Sprint**

Region: R 23.15 21/02/2016 Joshua McLachlan, Werrington

State: S 21.74 22/02/2009 Nicholas Hough, Hills District

Name	Age Centre	Heats	Final	Points
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Final

1 Dylan Illangantilake	Hills District	25.42	24.15	
2 Amir Saeedi	Hills District	24.38	24.30	
3 Kian Brown	Emu Plains	24.56	24.67	
4 Zackary Armitage	Prospect	25.46	25.38	
5 Jack Cummins	Quakers Hill	25.63	25.80	
6 Isaac Chevalier	Winston Hills	27.21	26.70	
7 Jack Fyfe	Lethbridge Park	26.71	27.55	

Boys U 17 - 200 Metre Sprint

Region: R 22.23 17/02/2013 Anas Abu Gamaba, Blacktown

State: S 21.32 19/03/2017 Yadin Ngeng, Bankstown Sports

Name	Age Centre	Seed	Heats	H#
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Heats

1 Travis Hargrave	Hawkesbury City	22.91	22.67Q	2
2 Zachary Porter	Winston Hills	23.92	23.73Q	1
3 Adam Almoail	Doonside	25.11	23.51Q	2
4 Aidan Faller	Prospect	25.84	24.22Q	1
5 Jake Hayter	Blacktown	24.45	23.65Q	2
6 Matthias Barrett	Prospect	25.82	24.27Q	1
7 Stuart Cregan	Doonside	25.18	24.05q	2
8 Benjamin Waring	Hills District	24.76	24.42q	1
9 Cameron Davies	Hawkesbury City	24.73	25.26	2
10 Sourav Suresh	Penrith	27.50	25.92	2
11 Bradley Koen	Colyton St Clair	26.83	26.08	2

Boys U 17 - 200 Metre Sprint

Region: R 22.23 17/02/2013 Anas Abu Gamaba, Blacktown

State: S 21.32 19/03/2017 Yadin Ngeng, Bankstown Sports

Name	Age Centre	Heats	Final	Points
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Final

1 Travis Hargrave	Hawkesbury City	22.67	22.61	
2 Jake Hayter	Blacktown	23.65	22.88	
3 Adam Almoail	Doonside	23.51	23.20	
4 Stuart Cregan	Doonside	24.05	23.54	
5 Zachary Porter	Winston Hills	23.73	23.56	
6 Aidan Faller	Prospect	24.22	24.04	
7 Matthias Barrett	Prospect	24.27	24.23	
8 Benjamin Waring	Hills District	24.42	24.39	

Boys U 9 - 400 Metre Sprint

Region: R 1:09.54 20/02/2016 Noah Lang, Jamison

State: S 1:04.40 23/03/1975 Glen Murgatroyd, Campbelltown

Name	Age Centre	Seed	Final	H#	Points
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1 Tayem Reading	Winston Hills	1:12.45	1:12.87	2	
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REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 9 - 400 Metre Sprint**

2	Arthur Balkin	Emu Plains	1:19.25	1:14.71	2
3	Louis Csirszka	Hills District	1:15.72	1:16.76	2
4	Harvey Irvine	Winston Hills	1:22.00	1:20.30	1
5	Aarav Upadhyay	Hills District	1:25.52	1:20.72	1
6	Rhys Bergan	Hills District	1:19.96	1:20.83	2
7	Blake Miller	Penrith	1:17.43	1:21.19	2
8	Jalen Karbon	The Ponds	1:28.79	1:21.92	1
9	Tate De Roo	The Ponds	1:25.26	1:24.04	1
10	Levi White	Colyton St Clair	1:21.63	1:25.36	2
11	Luka Hami-Razavi	Hills District	1:26.19	1:26.00	1
12	Ismail Majedzada	Mt Druitt	1:28.65	1:26.09	1
13	Jett Ward	Emu Plains	1:21.16	1:26.39	2

Boys U 10 - 400 Metre Sprint

Region: R 1:07.53 19/02/2022 Cameron Batey, Hills District

State: S 1:01.34 16/03/2003 Alex Pettigrew, Parramatta

Name	Age	Centre	Seed	Final	H#	Points
1	Cameron Batey	Hills District	1:08.80	1:07.53R	2	
2	Ruari Mercer	Hills District	1:09.60	1:09.58	2	
3	Carter Bergan	Hills District	1:13.89	1:10.54	2	
4	Bernie Irvine	Winston Hills	1:13.66	1:11.84	2	
5	Liam Banks	Riverstone	1:17.87	1:13.06	2	
6	Lachlan Bradshaw	Penrith	1:21.26	1:14.51	2	
7	Mitchell Darlow	The Ponds	1:19.62	1:17.49	2	
8	Michael Giffney	Kings Langley	1:25.23	1:20.34	1	
9	Daniel Cheers	Hills District	1:21.73	1:20.77	1	
10	Yavniel Fernando	Quakers Hill	1:20.44	1:22.14	2	
11	Ngong Deng	Blacktown	1:26.48	1:24.08	1	
12	Sebastian Brook	Hills District	1:25.45	1:24.62	1	
13	Rylee Aspinall-Parkes	Werrington	1:30.91	1:27.93	1	
14	Harvey Nix	Penrith	1:35.62	1:28.99	1	
15	Riley Adams	Doonside	1:28.34	1:31.32	1	

Boys U 11 - 400 Metre Sprint

Region: R 1:03.26 20/02/2016 Lachlan Wood, Winston Hills

State: S 57.64 23/03/1979 Chris Newman, Queanbeyan

Name	Age	Centre	Seed	Final	H#	Points
1	Xavier Zahra	Hills District	1:09.89	1:08.36	2	
2	Adrian Rostami	Doonside	1:10.93	1:08.41	2	
3	Lachlan Cordell	Cranebrook	1:17.55	1:10.51	2	
4	Vakalahi Taufa	Hills District	1:16.95	1:11.47	2	
5	Timothy Hammond	Emu Plains	1:15.33	1:11.99	2	
6	Hayden Straub	Doonside	1:17.92	1:17.86	2	
7	Oliver Ohmsen	Riverstone	1:23.75	1:18.37	1	
8	Aviel Fernando	Quakers Hill	1:20.66	1:18.42	1	
9	Tristan Quee	Hills District	1:19.64	1:19.22	1	
10	Aiden Lawn	Nepean	1:21.06	1:19.54	1	
11	Austin Fuz	Emu Plains	1:18.23	1:19.97	2	
12	Kaeden Hochstetter	Hills District	1:20.35	1:20.27	1	
13	Brock Doran	Minchinbury	1:19.55	1:22.50	2	
14	Brian kim	Hawkesbury City	1:25.50	1:31.75	1	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 12 - 400 Metre Sprint**

Region: R 59.47 18/02/2017 Lachlan Wood, Winston Hills

State: S 56.88 18/03/2016 Donovan Bradshaw, Cherrybrook

Name	Age Centre	Seed	Final	H#	Points
1 Noah Kemp	Hawkesbury City	1:07.28	1:03.42	2	
2 Bryson Samuel	Winston Hills	1:10.30	1:07.21	2	
3 Ellis Haydon	Emu Plains	1:12.02	1:07.96	2	
4 Keir Mercer	Hills District	1:09.12	1:10.67	2	
5 Mekaeel Khan	Hills District	1:17.52	1:12.92	1	
6 Aaron Chevalier	Winston Hills	1:12.01	1:13.49	2	
7 Owen Levy	Werrington	1:17.46	1:14.18	2	
8 Jordan Holden	The Ponds	1:17.11	1:16.54	2	
9 Hunter Puapua	Prospect	1:20.45	1:16.79	1	
10 Findlay Toohey	Emu Plains	1:19.09	1:18.84	1	
11 Nate Bultitude	Hills District	1:20.01	1:27.51	1	

Boys U 13 - 400 Metre Sprint

Region: R 55.86 17/02/2018 Lachlan Wood, Winston Hills

State: S 53.33 17/03/2017 Donovan Bradshaw, Cherrybrook

Name	Age Centre	Seed	Final	H#	Points
1 Ashwin Ramaswamy	Hills District	1:01.97	1:01.80	2	
2 Nicholas McNally	Hills District	1:03.01	1:02.26	2	
3 Brayden Thompson	Hills District	1:03.42	1:03.75	2	
4 Brayden Doran	Minchinbury	1:04.47	1:04.94	2	
5 Koby Bell	The Ponds	1:06.78	1:05.12	2	
6 Kael Brown	Emu Plains	1:10.83	1:05.33	2	
7 Dean Grant	Winston Hills	1:14.58	1:09.54	1	
8 Ruhan Kalal	Kings Langley	1:11.65	1:11.71	1	
9 Nikhel Raj	The Ponds	1:18.34	1:13.34	1	
10 Marley Islip	Winston Hills	1:11.03	1:15.46	1	

Boys U 14 - 400 Metre Sprint

Region: R 54.58 9/02/2019 Shayan Adhikari, Prospect

State: S 50.97 23/03/2012 Jarrod Cullen, Canterbury

Name	Age Centre	Seed	Final	H#	Points
1 Joshua Hand	Winston Hills	58.64	56.88	2	
2 Luke Alderson	Penrith	1:05.30	1:00.14	2	
3 Derrick Acellam Oyoo	Prospect	1:07.42	1:01.96	1	
4 Liam Piggott	Hills District	1:02.73	1:02.13	2	
5 Declan Abela	Winston Hills	1:04.91	1:05.34	2	
6 Alexander Powell	Rouse Hill Rams	1:10.01	1:06.65	1	
7 Cenk Elve	Doonside	1:19.13	1:15.26	1	

Boys U 15 - 400 Metre Sprint

Region: R 51.72 17/02/2018 Joshua Atkinson, Hills District

State: S 49.64 15/03/1997 David Geddes, Manly Warringah

Name	Age Centre	Seed	Final	H#	Points
1 Riley Christie	Winston Hills	57.38	55.83	2	
2 Parker Bohman	Hills District	56.60	55.88	2	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 15 - 400 Metre Sprint**

3 Amir Saeedi	Hills District	55.67	55.94	2
4 Ankit Rawal	Blacktown	56.91	56.24	2
5 Zachary Redwood	Winston Hills	58.83	56.91	2
6 Nate Gill	Riverstone	59.26	58.54	2
7 Zackary Armitage	Prospect	1:01.84	59.02	2
8 Alexander Ayre	Tallowong Park	1:03.04	1:00.55	2
9 Conor McNeill	Hawkesbury City	1:03.15	1:02.30	1
10 Nelesh Dey	Prospect	1:07.24	1:02.86	1

Boys U 17 - 400 Metre Sprint

Region: R 49.70 8/02/2020 Joshua Atkinson, Hills District

State: S 48.09 17/03/2017 Tyler Gunn, Gosford

Name	Age Centre	Seed	Final	H#	Points
1 Lachlan Wood	Winston Hills	51.77	51.27	2	
2 Liam Roche	Hills District	53.60	52.31	2	
3 Travis Hargrave	Hawkesbury City	53.19	52.79	2	
4 Zachary Porter	Winston Hills	55.28	53.21	2	
5 Adam Almoail	Doonside	55.65	53.36	2	
6 Mitchell Bradley	Prospect	54.99	53.41	2	
7 Jake Christie	Winston Hills	55.29	55.70	2	
8 Ethan Kelly	Hills District	57.13	56.55	1	
8 Matthias Barrett	Prospect	58.17	56.55	1	
10 faris Khan	Hills District	58.59	56.72	1	
11 Sammy Oyoo	Prospect	1:01.43	1:00.19	1	
12 Aiden Espie	Penrith	1:20.54	1:11.19	1	

Boys U 8 - 400 Metre Run Pack Start

Region: R 1:17.36 19/02/2022 Theodore Foggo, Winston Hills

State: S 1:07.94 23/03/1975 David Misson, Randwick Botany

Name	Age Centre	Seed	Final	Points
1 Theodore Foggo	Winston Hills	1:20.89	1:17.36R	
2 William Treharne	Nepean	1:20.53	1:21.40	
3 Thys Roodt	Hills District	1:23.25	1:22.54	
4 Hadriel Fernando	Quakers Hill	1:28.34	1:23.88	
5 Harrison Bouquet	Winston Hills	1:24.14	1:23.95	
6 Jack Furno	Winston Hills	1:28.50	1:25.31	
7 Caelan Dixon	Hills District	1:27.20	1:26.00	
8 Oliver James	Hills District	1:26.35	1:27.06	
9 Jack Pogmore	Werrington	1:30.97	1:28.71	
10 Riley Penning	Colyton St Clair	1:30.53	1:29.91	
11 Liam Hayden	Hills District	1:25.07	1:31.06	
12 Hunter Campbell	Minchinbury	1:34.11	1:31.35	
13 Axel Speeding	Colyton St Clair	1:43.85	1:35.72	
14 Emilio Osborne	Blacktown	1:39.62	1:35.85	

Boys U 8 - 700 Metre Run Pack Start

Region: R 2:22.60 18/02/2018 Harrison Ferns, Rouse Hill

Name	Age Centre	Seed	Final	Points
1 Theodore Foggo	Winston Hills	2:32.14	2:33.81	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 8 - 700 Metre Run Pack Start**

2	William Treharne	Nepean	2:29.16	2:34.81
3	Oliver James	Hills District	2:47.99	2:39.04
4	Hadriel Fernando	Quakers Hill	2:52.68	2:40.30
5	Harrison Forth	Nepean	2:41.74	2:43.67
6	Harrison Bouquet	Winston Hills	2:46.64	2:46.01
7	Riley Williams	Rouse Hill Rams	2:57.53	2:50.16
8	Senal Liyanage	The Ponds	3:10.02	2:52.51
9	Seth Pattison	Werrington	2:49.63	2:53.39
10	Riley Penning	Colyton St Clair	2:47.70	3:03.83
11	Rhys Straub	Doonside	3:40.63	3:13.62
12	Emilio Osborne	Blacktown	3:31.31	3:18.35
13	Evan Swaneopel	Penrith	3:16.46	3:22.29

Boys U 9 - 800 Metre Run

Region: R 2:33.56 21/02/2021 Ruari Mercer, Hills District

State: S 2:25.70 17/03/2002 Alex Pettigrew, Hornsby

Name	Age	Centre	Seed	Final	Points
1	Tayem Reading	Winston Hills	2:48.94	2:47.89	
2	Rhys Bergan	Hills District	2:55.16	2:53.30	
3	Harvey Irvine	Winston Hills	3:01.26	2:55.75	
4	Arthur Balkin	Emu Plains	3:01.95	2:57.89	
5	Levi White	Colyton St Clair	3:13.06	2:58.93	
6	Chase Mattiazzo	Rouse Hill Rams	3:03.76	3:00.09	
7	Jett Ward	Emu Plains	3:15.66	3:04.34	
8	Joshua Waddington	Winston Hills	3:03.16	3:05.14	
9	Nate Appleyard	Winston Hills	3:02.91	3:05.25	
10	Blake Miller	Penrith	3:08.36	3:05.89	
11	Tate De Roo	The Ponds	3:24.79	3:06.93	
12	Jensen Dowling	Rouse Hill Rams	3:06.74	3:07.67	
13	Luka Hami-Razavi	Hills District	3:15.91	3:18.34	
14	Ismail Majedzada	Mt Druitt	3:29.16	3:20.28	
15	Milton Lucas	Minchinbury	3:43.95	3:34.00	

Boys U 10 - 800 Metre Run

Region: R 2:31.37 21/02/2021 Lachlan Dorahy, Hills District

State: S 2:21.60 25/03/1979 Paul Kelly, Greystanes

Name	Age	Centre	Seed	Final	Points
1	Ruari Mercer	Hills District	2:38.71	2:37.34	
2	Bernie Irvine	Winston Hills	2:43.12	2:41.30	
3	Carter Bergan	Hills District	2:45.67	2:43.93	
4	Liam Banks	Riverstone	2:48.51	2:46.08	
5	Liam Van Eck	Quakers Hill	2:57.13	2:48.12	
6	Heath Broughton	Hawkesbury City	2:48.17	2:51.99	
7	Callum McMillan	The Ponds	3:08.35	2:56.20	
8	Yavniel Fernando	Quakers Hill	3:00.93	2:58.29	
9	Daniel Cheers	Hills District	3:01.07	2:59.44	
10	James Muccino	Winston Hills	3:06.52	3:08.36	
11	Maximilianvs DE Vita	Emu Plains	3:10.90	3:08.81	
12	Michael Giffney	Kings Langley	3:09.91	3:14.22	
13	Rylee Aspinall-Parkes	Werrington	3:14.91	3:18.69	
14	Harvey Nix	Penrith	3:18.23	3:23.12	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 11 - 800 Metre Run**

Region: R 2:24.39 18/02/2018 Toby Dorahy, Hills District

State: S 2:17.37 24/03/2013 Luke Young, Macquarie Hunter

Name	Age Centre	Seed	Final	Points
1 Xavier Zahra	Hills District	2:36.71	2:34.20	
2 Ned Francis	Winston Hills	3:01.63	2:43.75	
3 Austin Fuz	Emu Plains	2:55.51	2:44.31	
4 Lachlan Cordell	Cranebrook	2:58.01	2:45.40	
5 Finnegan Brook	Hills District	2:50.52	2:51.13	
6 Hayden Straub	Doonside	3:08.33	2:53.69	
7 Jayden Calder	Riverstone	3:01.72	2:59.12	
8 Brian Jack	Kings Langley	3:02.21	2:59.53	
9 Archie Fisher	Winston Hills	3:04.90	3:04.00	
10 Brock Doran	Minchinbury	3:12.02	3:08.48	
11 Xavier Matic	The Ponds	3:20.39	3:20.16	
12 Jonathan Shuker	Blacktown	3:25.25	3:21.59	
13 Lucas Muir	Werrington	3:48.85	3:26.39	

Boys U 12 - 800 Metre Run

Region: R 2:20.94 19/02/2017 Lachlan Wood, Winston Hills

State: S 2:12.80 17/03/2019 Joshua O'Connell, Balmain

Name	Age Centre	Seed	Final	Points
1 Ellis Haydon	Emu Plains	2:36.48	2:29.80	
2 Keir Mercer	Hills District	2:56.00	2:34.30	
3 Bryson Samuel	Winston Hills	2:55.00	2:40.98	
4 Evan Francis	Nepean	3:01.27	2:42.00	
5 Owen Levy	Werrington	2:54.34	2:45.44	
6 Tristan Daly	Hawkesbury City	3:12.00	2:48.04	
7 max miller	Hills District	3:01.00	2:48.94	
8 Sithma Mudiyansele	Hills District	2:59.00	2:50.58	
9 Jordan Holden	The Ponds	2:59.17	2:51.68	
10 Connor Carter	Winston Hills	3:06.00	2:58.48	
11 Mekaeel Khan	Hills District	3:05.00	3:01.39	
12 Max Clifton	Prospect	3:21.37	3:03.87	

Boys U 13 - 800 Metre Run

Region: R 2:11.85 9/02/2020 Will Haydon, Emu Plains

State: S 2:06.10 17/03/1985 Robert Wunder, Northern Suburbs

Name	Age Centre	Seed	Final	Points
1 Harrison Ferns	Hills District	2:25.95	2:24.00	
2 Cameron Bloem	Hills District	2:25.27	2:25.72	
3 Brayden Doran	Minchinbury	2:35.52	2:25.80	
4 Zacary Green	Hills District	2:36.82	2:35.59	
5 Jai Thornton	Penrith	2:50.50	2:38.56	
6 Marley Islip	Winston Hills	2:42.06	2:43.59	
7 Jacob Sugumaran	Winston Hills	3:03.77	3:08.02	
8 Jamie Chestnut	Lethbridge Park	3:43.95	3:41.03	
-- Nicholas McNally	Hills District	2:28.38	DNF	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 14 - 800 Metre Run**

=====				
Region: R 2:01.81		19/02/2017	Joshua Atkinson, Hills District	
State: S 2:01.40		19/03/2017	Joshua Atkinson, Hills District	
Name	Age	Centre	Seed	Final Points
=====				
1	Joshua	Hand	Winston Hills	2:21.98 2:20.72
2	Lucas	Wise	Quakers Hill	2:40.49 2:29.95
3	Liam	Piggott	Hills District	2:32.85 2:36.02
4	Matthew	Cook	Rouse Hill Rams	2:48.88 2:42.39
5	Cenk	Elve	Doonside	2:56.68 2:43.94
6	Kane	Robson	Hills District	2:54.77 2:52.99

Boys U 15 - 800 Metre Run

=====				
Region: R 1:58.61		18/02/2018	Joshua Atkinson, Hills District	
State: S 1:57.20		20/02/2005	James Kaan, Hills District	
State: S 1:57.20		16/03/2008	James Connor, Campbelltown UWS	
Name	Age	Centre	Seed	Final Points
=====				
1	Isaac	Beacroft	Quakers Hill	2:10.38 2:09.33
2	Ankit	Rawal	Blacktown	2:18.18 2:10.06
3	Riley	Christie	Winston Hills	2:25.45 2:15.61
4	Alexander	Ayre	Tallawong Park	2:32.45 2:24.63
5	Nelesh	Dey	Prospect	2:29.70 2:24.95
6	Zackary	Armitage	Prospect	2:36.56 2:34.96
7	Lachlan	Findlay	Tallawong Park	2:43.86 2:43.18
8	Aidan	Pospischil	Winston Hills	3:02.89 2:57.13

Boys U 17 - 800 Metre Run

=====				
Region: R 1:53.49		10/02/2019	Joshua Atkinson, Hills District	
State: S 1:54.00		5/03/2017	Tyler Gunn, Gosford	
Name	Age	Centre	Seed	Final Points
=====				
1	Liam	Roche	Hills District	2:13.25 2:10.17
2	Mitchell	Bradley	Prospect	2:11.33 2:10.20
3	Matthew	Harragon	Winston Hills	2:13.33 2:11.06
4	Sourav	Suresh	Penrith	2:33.48 2:21.52
5	Ethan	Kelly	Hills District	2:25.99 2:23.54
6	Riley	Cotter	Hawkesbury City	2:24.15 2:25.95
7	Aaron	Gupta	The Ponds	2:31.30 2:26.08
8	Brendan	Pospischil	Winston Hills	2:34.18 2:30.51
9	Hayden	Husar	Cranebrook	3:00.42 2:32.96
10	Jack	Robson	Hills District	2:38.22 2:39.56
11	Rory	Bell	The Ponds	3:02.25 2:52.46
12	Aiden	Espie	Penrith	3:21.33 3:03.98

Boys U 11 - 1500 Metre Run

=====				
Region: R 4:51.79		16/02/2018	Will Haydon, Emu Plains	
State: S 4:36.90		17/03/1984	Richard McCarthy, Randwick Botany	
Name	Age	Centre	Seed	Final Points
=====				
1	Xavier	Zahra	Hills District	5:25.33 5:13.03
2	Austin	Fuz	Emu Plains	5:55.28 5:32.99
3	Finnegan	Brook	Hills District	5:46.64 5:40.74

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - 1500 Metre Run**

4	Darcy Waring	Tallawong Park	5:56.63	5:45.59
5	Hayden Straub	Doonside	5:54.05	5:56.86
6	Brian Jack	Kings Langley	6:09.48	5:59.00
7	Ned Francis	Winston Hills	6:10.61	6:00.16
8	Aviel Fernando	Quakers Hill	5:59.47	6:02.98
9	Aiden Lawn	Nepean	6:22.40	6:10.49
10	Xavier Scheepers	Hills District	6:30.21	6:10.54
11	Patrick Waddington	Winston Hills	6:10.70	6:11.77
12	Brock Doran	Minchinbury	6:13.28	6:17.62

Boys U 12 - 1500 Metre Run

Region: R 4:51.57 8/02/2019 Will Haydon, Emu Plains

State: S 4:27.20 19/03/1983 Peter Stellino, Hills District

Name	Age	Centre	Seed	Final	Points
1	Ellis	Haydon	Emu Plains	4:59.93	5:02.46
2	Bryson	Samuel	Winston Hills	5:28.02	5:23.93
3	Evan	Francis	Nepean	6:07.39	5:34.56
4	Owen	Levy	Werrington	5:54.74	5:42.96
5	Jordan	Holden	The Ponds	5:49.20	5:43.16
6	Sithma	Mudiyanselage	Hills District	5:45.17	5:49.14
7	Tristan	Daly	Hawkesbury City	6:03.39	5:55.08
8	max	milller	Hills District	5:44.98	6:00.21
9	Hunter	Puapua	Prospect	6:22.45	6:17.36
10	Connor	Carter	Winston Hills	6:25.54	6:22.77
11	Thomas	Harkin	Hills District	6:25.46	6:27.75
--	Keir	Mercer	Hills District	5:30.46	DQ 7.6.2D

Boys U 13 - 1500 Metre Run

Region: R 4:28.25 8/02/2020 Will Haydon, Emu Plains

State: S 4:21.30 18/03/2006 James Connor, Campbelltown UWS

Name	Age	Centre	Seed	Final	Points
1	Harrison	Ferns	Hills District	5:27.44	4:56.66
2	Cameron	Bloem	Hills District	5:08.47	4:58.19
3	Zacary	Green	Hills District	5:15.67	5:01.76
4	Brayden	Doran	Minchinbury	5:17.97	5:02.42
5	Marley	Islip	Winston Hills	5:55.26	5:30.96
6	Jai	Thornton	Penrith	6:02.45	5:36.35
7	Jamie	Chestnut	Lethbridge Park	7:39.92	7:25.41

Boys U 14 - 1500 Metre Run

Region: R 4:19.20 18/02/2017 Joshua Atkinson, Hills District

State: S 4:11.93 22/03/2014 Harrison Wade, Ryde

Name	Age	Centre	Seed	Final	Points
1	Oliver	Golding	Hills District	5:21.99	5:15.80
2	Henry	Andrews	Winston Hills	5:28.18	5:31.55
3	Matthew	Cook	Rouse Hill Rams	5:31.06	5:36.45
4	Kane	Robson	Hills District	6:09.13	5:45.88
5	Jad	Nasser	The Ponds	6:09.97	5:55.46
6	Xavier	Saffy	Winston Hills	6:11.48	6:18.62

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - 1500 Metre Run**

=====					
Region: R 4:21.55		9/02/2019	Andrew Laycock, Emu Plains		
State: S 4:03.70		15/03/2008	James Connor, Campbelltown UWS		
Name	Age	Centre	Seed	Final	Points
=====					
1	Isaac	Beacroft	Quakers Hill	4:31.09	4:28.81
2	Riley	Christie	Winston Hills	5:05.04	4:56.76
3	Josh	Reed	Werrington	5:02.61	4:58.12
4	Nelesh	Dey	Prospect	5:25.10	5:17.43
5	Aidan	Pospischil	Winston Hills	6:21.23	6:10.41

Boys U 17 - 1500 Metre Run

=====					
Region: R 4:16.22		17/02/2018	Luca Manente, Hills District		
State: S 3:59.64		2/02/2019	Angus Beer, Balmain		
Name	Age	Centre	Seed	Final	Points
=====					
1	Thomas	Hills	Hills District	4:45.46	4:36.56
2	Samuel	Waring	Hills District	4:49.79	4:40.03
3	Matthew	Harragon	Winston Hills	4:45.99	4:41.66
4	Riley	Cotter	Hawkesbury City	5:12.75	5:04.79
5	Sourav	Suresh	Penrith	5:26.91	5:06.04
6	Aaron	Gupta	The Ponds	5:44.55	5:09.98
7	Brendan	Pospischil	Winston Hills	5:17.54	5:11.27
8	Hayden	Husar	Cranebrook	5:56.19	5:27.20
9	Jack	Robson	Hills District	5:37.72	5:36.97
--	Rory	Bell	The Ponds	7:04.81	DNF

Boys U 13 - 3000 Metre Run

=====					
Region: R 10:00.29		7/02/2020	Will Haydon, Emu Plains		
State: S 9:39.60		20/03/2004	Cameron Page, Gosford		
Name	Age	Centre	Seed	Final	Points
=====					
1	Harrison	Ferns	Hills District	10:44.06	10:48.51
2	Zacary	Green	Hills District	10:51.58	10:52.14
3	Brayden	Doran	Minchinbury	11:33.96	11:04.31
4	Jai	Thornton	Penrith	12:36.50	12:08.67

Boys U 14 - 3000 Metre Run

=====					
Region: R 9:53.19		16/02/2018	Andrew Laycock, Emu Plains		
State: S 9:13.83		21/03/2014	Harrison Wade, Ryde		
Name	Age	Centre	Seed	Final	Points
=====					
1	Lucas	Wise	Quakers Hill	12:13.52	11:15.10
2	Jad	Nasser	The Ponds	12:57.62	14:10.07
3	Maverick	Blunden	Hawkesbury City	19:18.73	17:20.05

Boys U 15 - 3000 Metre Run

=====					
Region: R 9:21.37		18/02/2022	Isaac Beacroft, Quakers Hill		
State: S 8:50.60		18/03/2006	Cameron Page, Gosford		
Name	Age	Centre	Seed	Final	Points
=====					
1	Isaac	Beacroft	Quakers Hill	9:42.22	9:21.37R

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 15 - 3000 Metre Run**

2 Josh Reed	Werrington	11:03.69	11:02.15
3 Nelesh Dey	Prospect	11:39.97	11:41.70
4 Oscar Waring	Tallawong Park	12:15.06	11:43.61
5 Aidan Pospischil	Winston Hills	14:03.40	13:16.94

Boys U 17 - 3000 Metre Run

Region: R 8:47.39 7/02/2020 Daniel Kelly, Emu Plains

State: S 8:55.17 16/03/2019 Kai Hammond, St George

Name	Age Centre	Seed	Final	Points
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1 Thomas Hills	Hills District	10:13.74	10:12.52
2 Samuel Waring	Hills District	10:26.00	10:12.97
3 Matthew Harragon	Winston Hills	10:59.51	10:54.15
4 Brendan Pospischil	Winston Hills	11:46.50	11:32.06
5 Riley Cotter	Hawkesbury City	12:05.12	11:42.61
6 Hayden Husar	Cranebrook	14:11.85	12:40.18

Boys U 8 - 60 Metre Hurdles (45cm)

Region: R 10.81 20/02/2016 Rhys Webster, Winston Hills

State: S 10.63 15/02/2014 Jesse Ingleton, Camden

Name	Age Centre	Seed	Heats	H#
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Heats

1 Theodore Foggo	Winston Hills	12.30	12.24q	2
2 Jackson Brown	The Ponds	12.92	12.70q	1
3 Declan Van Ross	Hills District	12.90	12.75q	2
4 Isaiah Nasio	Doonside	13.25	12.88q	1
5 Jordan Lazar	Hills District	12.89	12.92q	2
6 Tyreece Stanley	Lethbridge Park	13.00	13.14q	1
7 Etienne Kriesch	Winston Hills	13.26	13.33q	2
8 Miller Van Straaten	Blacktown	13.19	13.38q	1
9 Jack Furno	Winston Hills	12.84	13.63	1
10 Cameron Salonga	Hills District	13.08	13.69	2
11 Cooper Campbell	Nepean	14.35	13.88	1
12 Evan Swaneopel	Penrith	15.54	14.83	2
13 Axel Speeding	Colyton St Clair	13.99	15.34	2

Boys U 8 - 60 Metre Hurdles (45cm)

Region: R 10.81 20/02/2016 Rhys Webster, Winston Hills

State: S 10.63 15/02/2014 Jesse Ingleton, Camden

Name	Age Centre	Heats	Final	Points
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Final

1 Theodore Foggo	Winston Hills	12.24	12.09
2 Jackson Brown	The Ponds	12.70	12.28
3 Declan Van Ross	Hills District	12.75	12.55
4 Jordan Lazar	Hills District	12.92	12.69
5 Tyreece Stanley	Lethbridge Park	13.14	13.01
6 Isaiah Nasio	Doonside	12.88	13.15
7 Miller Van Straaten	Blacktown	13.38	13.33
8 Etienne Kriesch	Winston Hills	13.33	13.53

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 9 - 60 Metre Hurdles (45cm)**

Region: R 10.20 16/02/2013 Abiatar Peter, Blacktown
 State: S 9.54 21/02/1999 Joshua Mulligan, Gosford
 State: S 9.54 21/03/2009 Rory Barkley, Northern Suburbs

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Ben Spadaro	Prospect	11.91	10.95Q	1
2	Ranuka Koswattage	Penrith	12.17	11.88Q	2
3	Jarlath Jarrett	Rouse Hill Rams	11.76	11.58Q	1
4	Tatum Kriesch	Winston Hills	11.56	11.91Q	2
5	Levi Holden	Emu Plains	11.84	11.95Q	2
6	Chase Mattiazzo	Rouse Hill Rams	11.91	12.13Q	1
7	Koen Beale	Penrith	12.25	11.96q	2
8	Harvey Irvine	Winston Hills	12.05	12.05q	2
9	Nate Carroll	Penrith	12.23	12.17	1
10	Alexander Simpson	Emu Plains	11.85	12.18	2
11	Dre Waters	Hawkesbury City	12.36	12.30	2
12	Tristan Ramasamy	The Ponds	13.23	12.78	1
13	Alexander Zammit	Tallawong Park	15.10	13.60	1
14	Oscar Baker	Blacktown	15.27	14.30	2
15	Aarav Upadhyay	Hills District	11.67	14.34	1

Boys U 9 - 60 Metre Hurdles (45cm)

Region: R 10.20 16/02/2013 Abiatar Peter, Blacktown
 State: S 9.54 21/02/1999 Joshua Mulligan, Gosford
 State: S 9.54 21/03/2009 Rory Barkley, Northern Suburbs

Name	Age	Centre	Heats	Final	Points
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Final

1	Ben Spadaro	Prospect	10.95	10.89	
2	Jarlath Jarrett	Rouse Hill Rams	11.58	11.40	
3	Ranuka Koswattage	Penrith	11.88	11.68	
4	Levi Holden	Emu Plains	11.95	11.74	
5	Tatum Kriesch	Winston Hills	11.91	11.81	
6	Chase Mattiazzo	Rouse Hill Rams	12.13	11.91	
7	Koen Beale	Penrith	11.96	11.94	
7	Harvey Irvine	Winston Hills	12.05	11.94	

Boys U 10 - 60 Metre Hurdles (60cm)

Region: R 10.40 15/02/2014 Jake Baptiste, Kings Langley
 State: S 9.74 16/03/2002 Sean Potter, Macquarie Shores

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Riley McDonald	Rouse Hill Rams	12.71	12.10q	2
2	Vinal Liyanage	The Ponds	12.43	12.19q	1
3	Bernie Irvine	Winston Hills	12.00	12.25q	1
4	Layton Mills	Prospect	12.48	12.32q	1
5	Lachlan Bradshaw	Penrith	12.77	12.33q	1
6	Mitchell Darlow	The Ponds	12.24	12.45q	2
7	Aharshan Sivaniruban	Kings Langley	12.41	12.60q	2
8	Clayton Gregory	Penrith	13.15	12.66q	2
9	Ngong Deng	Blacktown	12.75	12.81	1

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 10 - 60 Metre Hurdles (60cm)**

10	Peter Bachtis	Emu Plains	12.49	12.85	2
11	Lucas Mcpherson	Penrith	13.39	12.86	1
12	Lucas Mendonca	Hills District	13.47	13.21	1
13	Swarthik Thushyanthan	Kings Langley	13.05	13.79	2
14	Peiu Viko	Winston Hills	13.81	14.12	2
15	Alexander Dennett	Hawkesbury City	14.12	14.53	1

Boys U 10 - 60 Metre Hurdles (60cm)

Region: R 10.40 15/02/2014 Jake Baptiste, Kings Langley
 State: S 9.74 16/03/2002 Sean Potter, Macquarie Shores

Name	Age	Centre	Heats	Final	Points
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Final

1	Mitchell Darlow	The Ponds	12.45	11.82	
2	Aharshan Sivaniruban	Kings Langley	12.60	11.94	
3	Riley McDonald	Rouse Hill Rams	12.10	12.00	
4	Bernie Irvine	Winston Hills	12.25	12.02	
5	Layton Mills	Prospect	12.32	12.10	
6	Lachlan Bradshaw	Penrith	12.33	12.15	
7	Vinal Liyanage	The Ponds	12.19	12.19	
8	Clayton Gregory	Penrith	12.66	12.40	

Boys U 11 - 80 Metre Hurdles (60cm)

Region: R 13.53 20/02/2022 Peini Ika, Doonside

Name	Age	Centre	Seed	Heats	H#
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Heats

1	Peini Ika	Doonside	14.02	R 13.53Q	1
2	James Loughhead	Rouse Hill Rams	16.88	14.45Q	2
3	Amjad Mousa	Blacktown	15.70	14.52Q	2
4	Blake Spencer	Rouse Hill Rams	15.33	15.59Q	1
5	Ryan Haaf	Winston Hills	15.87	15.04Q	2
6	Denzel Odhiambo	Emu Plains	16.36	16.52Q	1
7	Remy Cross	Emu Plains	16.34	15.65q	2
8	Ilhan Elve	Doonside	16.77	15.68q	2
9	Magnus Myhre Fox	Hills District	16.11	16.61	1
10	Jayden Calder	Riverstone	16.21	16.80	1
11	Bailey Plunkett	Penrith	18.63	16.90	1
12	Brian Jack	Kings Langley	17.06	17.24	1
13	Luke Donaghy	Winston Hills	16.56	17.62	1
14	Jared Husar	Cranebrook	20.74	19.40	2

Boys U 11 - 80 Metre Hurdles (60cm)

Region: R 13.53 20/02/2022 Peini Ika, Doonside

Name	Age	Centre	Heats	Final	Points
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Final

1	Peini Ika	Doonside	13.53	13.56	
2	James Loughhead	Rouse Hill Rams	14.45	14.20	
3	Ryan Haaf	Winston Hills	15.04	14.47	
4	Amjad Mousa	Blacktown	14.52	14.49	
5	Blake Spencer	Rouse Hill Rams	15.59	15.12	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - 80 Metre Hurdles (60cm)**

6 Remy Cross	Emu Plains	15.65	16.15
7 Denzel Odhiambo	Emu Plains	16.52	16.47
8 Ilhan Elve	Doonside	15.68	16.61

Boys U 12 - 80 Metre Hurdles (68cm)

Region: R 12.89 21/02/2021 Alex Spadaro, Prospect

Name	Age Centre	Seed	Heats	H#
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Heats

1 Charlie Andrews	Winston Hills	14.11	14.17Q	1
2 Eli Ma'u	Doonside	15.39	14.28Q	2
3 Noah Kemp	Hawkesbury City	14.87	14.34Q	2
4 Brayden Kelly	Penrith	15.92	14.96Q	1
5 Mitchell Klomp	Hills District	15.59	16.03Q	1
6 Tristan Daly	Hawkesbury City	16.85	16.21Q	2
7 Baraka Ntabo	Quakers Hill	17.33	16.50q	1
8 Scott Toole	Prospect	17.51	16.64q	1
9 Diesel Speeding	Colyton St Clair	17.98	16.72	2
10 Jason Hart	Doonside	18.04	18.17	2

Boys U 12 - 80 Metre Hurdles (68cm)

Region: R 12.89 21/02/2021 Alex Spadaro, Prospect

Name	Age Centre	Heats	Final	Points
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Final

1 Noah Kemp	Hawkesbury City	14.34	13.88
2 Charlie Andrews	Winston Hills	14.17	13.97
3 Eli Ma'u	Doonside	14.28	14.09
4 Brayden Kelly	Penrith	14.96	14.58
5 Mitchell Klomp	Hills District	16.03	15.19
6 Tristan Daly	Hawkesbury City	16.21	16.00
7 Baraka Ntabo	Quakers Hill	16.50	16.29

Boys U 13 - 80 Metre Hurdles (76cm)

Region: R 13.10 18/02/2018 Jesse Bingham, Prospect

State: S 12.04 16/03/1997 Ahmed Abou-Mahmoud, Winston Hills

State: S 12.04 19/03/2000 Ross Roberts, Gosford

Name	Age Centre	Seed	Final	Points
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1 Ethan Aguasa	Quakers Hill	13.58	13.47
2 William Cetinic	Hills District	13.76	13.65
3 Julian Freeland	Hills District	14.89	14.30
4 Aarush Anandh	Hills District	16.12	15.98
5 Dean Grant	Winston Hills	17.14	16.58
6 Noah Hams	Colyton St Clair	17.21	16.83

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 14 - 90 Metre Hurdles (76cm)**

=====				
Region: R 13.32		17/02/2013	Alexander Thompson, Quakers Hill	
State: S 12.04		16/03/2008	Nicholas Hough, Hills District	
Name	Age	Centre	Seed	Final Points
=====				
1	Taylan	Weissel	Hills District	15.48 14.46
2	Joshua	Cetinic	Hills District	15.11 14.48
3	Jad	Nasser	The Ponds	16.78 16.77
4	Alexander	Powell	Rouse Hill Rams	18.63 17.09
5	Cenk	Elve	Doonside	19.72 18.93

Boys U 15 - 100 Metre Hurdles (76cm)

=====				
Region: R 14.06		21/02/2016	Shane Munaweera, Jamison	
State: S 12.64		22/03/2009	Nicholas Hough, Hills District	
Name	Age	Centre	Seed	Final Points
=====				
1	Noah	Baccan Ribeiro	Hills District	15.40 15.31
2	Caeleb	Henderson	Winston Hills	15.92 15.74
3	Conor	McNeill	Hawkesbury City	16.03 16.78

Boys U 17 - 110 Metre Hurdles (76cm)

=====				
Region: R 13.92		21/02/2016	Alexander Thompson, Quakers Hill	
State: S 13.60		25/03/2018	William Humberstone, Port Hacking	
Name	Age	Centre	Seed	Final Points
=====				
1	Cameron	Davies	Hawkesbury City	15.12 16.59
2	Hayden	Husar	Cranebrook	19.39 19.17

Boys U 13 - 200 Metre Hurdles (68cm)

=====				
Region: R 26.80		15/02/2014	Shane Munaweera, Jamison	
State: S 26.21		19/03/2011	Jarrod Cullen, Canterbury	
Name	Age	Centre	Seed	Final Points
=====				
1	Alex	Spadaro	Prospect	30.26 29.07
2	Kael	Brown	Emu Plains	33.19 30.18
3	Koby	Bell	The Ponds	34.05 30.85
4	Julian	Freelander	Hills District	30.68 31.12
5	Darius	Pratt	Prospect	37.74 34.32

Boys U 14 - 200 Metre Hurdles (76cm)

=====				
Region: R 26.76		16/02/2013	Alexander Thompson, Quakers Hill	
State: S 24.64		15/03/2008	Nicholas Hough, Hills District	
Name	Age	Centre	Seed	Final Points
=====				
1	Joshua	Hand	Winston Hills	30.80 30.38
2	Alexander	Powell	Rouse Hill Rams	32.94 33.60
3	Khye	Mitchell	Minchinbury	44.91 35.47
4	Tory	Emme	Hawkesbury City	38.30 37.56

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - 300 Metre Hurdles (76cm)**

Region: R 42.96 16/02/2018 Rhys Walker, Doonside				
State: S 38.92 18/03/2017 Thomas Hunt, Northern Suburbs				
Name	Age	Centre	Seed	Final Points
1 Noah Baccan Ribeiro		Hills District	44.55	44.17
2 Parker Bohman		Hills District	45.66	45.35
3 Conor McNeill		Hawkesbury City	47.18	49.01
4 Lachlan Findlay		Tallawong Park	53.69	49.26

Boys U 17 - 300 Metre Hurdles (76cm)

Region: R 40.20 18/02/2022 Mitchell Bradley, Prospect				
State: S 37.14 18/03/2017 Sebastien Moir, South Eastern				
Name	Age	Centre	Seed	Final Points
1 Mitchell Bradley		Prospect	41.75	40.20R
2 Adam Almoail		Doonside	41.98	40.37
3 Liam Roche		Hills District	40.31	41.35
4 Travis Hargrave		Hawkesbury City	39.90	41.49
5 Rory Bell		The Ponds	51.36	49.15
6 Hayden Husar		Cranebrook	1:02.08	49.47
7 Cody Kingcott		The Ponds	54.30	50.90

Boys U 11-12 100 Metre Multi Class Run

Region: R 18.81 9/02/2019 Lowndes Motler T/F 20, Werrington				
Name	Age	Centre	Seed	Final Points
1 Ethan Odell		Rouse Hill Rams		23.12 42.285

Boys U 15-17 100 Metre Multi Class Run

Region: R 16.83 19/02/2022 Lowndes Motler (T/F20), Werrington				
Name	Age	Centre	Seed	Final Points
1 Lowndes Motler (T/F20)		Werrington		16.83R 62.210
2 Nilesh Srikanthan (T/F20)		Blacktown	23.59	26.44 39.599

Boys U 11-12 200 Metre Multi Class Run

Region: R 49.62 20/02/2022 Ethan Odell, Rouse Hill				
Name	Age	Centre	Seed	Final Points
1 Ethan Odell		Rouse Hill Rams		49.62R

Boys U 15-17 200 Metre Multi Class Run

Region: R 48.17 20/02/2022 Nilesh Srikanthan (T/F20), Blacktown				
Name	Age	Centre	Seed	Final Points
1 Nilesh Srikanthan (T/F20)		Blacktown	1:01.17	48.17R

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 11-12 800 Metre Multi Class Run**

Region: R 4:12.69 20/02/2022 Ethan Odell, Rouse Hill				
Name	Age	Centre	Seed	Final Points
1 Ethan Odell		Rouse Hill Rams		4:12.69R

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

Region: R 57.02 10/02/2019 Hills District, Hills District				
Y Tajudeen, R Nolan, L Albert, C Thorpe				
State: S 53.84 17/03/1996 Bankstown Sports				
State: S 53.84 20/03/2016 Ku-Ring-Gai				
Centre			Seed	Final Points
1 Hills District				58.07
1) Aarav Upadhyay 9		2) Xavier Eason 10		
3) Magnus Myhre Fox 11		4) Lachlan Albert 12		
2 Rouse Hill Rams				1:00.05
1) Jarlath Jarrett 9		2) James Loughhead 11		
3) Noah Cunich 10		4) Alexander Benforte 12		
3 Doonside				1:00.33
1) Eli Ma'u 12		2) Taran Memphis Halaua Latu 10		
3) Peini Ika 11		4) Noah Jackson 9		
4 Emu Plains				1:00.38
1) Alexander Simpson 9		2) Peter Bachtis 10		
3) Remy Cross 11		4) Ellis Haydon 12		
5 Prospect				1:00.55
1) Jeremy Boafo 11		2) Maxx Patel 12		
3) Layton Mills 10		4) Patrick Boafo 9		
6 Werrington				1:07.19
1) Leo Simpson 9		2) Eli Simpson 10		
3) Jackson Spano 11		4) Owen Levy 12		

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

Region: R 45.81 20/02/2022 Hills District, Hills District				
J Proudford, L Hayes, D Illangantilake, S Kumar				
State: S 45.63 21/03/2010 Cherrybrook				
Centre			Seed	Final Points
1 Hills District				45.81R
1) Jack Proudford 13		2) Liam Hayes 14		
3) Dylan Illangantilake 15		4) Sadheel Kumar 17		
2 Prospect				49.04
1) Alex Spadaro 13		2) Zackary Armitage 15		
3) Derrick Acellam Oyoo 14		4) Mitchell Bradley 17		
3 Werrington				49.81
1) Josh Reed 15		2) Ethan Hadfield 14		
3) Elias McGaughey 13		4) Adrian Hadfield 17		
4 Winston Hills				50.16
1) Zachary Porter 17		2) Riley Christie 15		
3) Dean Grant 13		4) Liam Grant 14		
5 Quakers Hill				50.41
1) Ethan Aguasa 13		2) Julio-Xavier Tatupu 14		
3) Jack Cummins 15		4) Caleb Torrisheba 17		
6 Penrith				51.45

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 12-17 4x100 Metre Relay (Snr)**

- | | |
|---------------------|-----------------------|
| 1) Jai Thornton 13 | 2) Malakai Bavadra 15 |
| 3) Sourav Suresh 17 | 4) Luke Alderson 14 |

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

Region: R 1.30m 18/02/2018 Joseph Ezekiel, Werrington
 State: S 1.40m 17/03/1985 Jamie Shortland, Randwick Botany
 State: S 1.40m 21/03/2009 Harrison Brierley, Illawong

Name	Age	Centre	Seed	Final	Points
1 Isaac Jorgensen		Winston Hills	1.09m	1.07m	
2 Tayem Reading		Winston Hills	0.97m	1.05m	
3 Hugo Nolan		Hills District	0.97m	1.00m	
3 Jalen Karbon		The Ponds	0.95m	1.00m	
3 Louis Csirszka		Hills District	1.03m	1.00m	
6 Koen Beale		Penrith	1.04m	1.00m	
7 Mathayus Andreatta		Cranebrook	1.02m	1.00m	
8 Elijah Guardia		Prospect	0.90m	0.95m	
9 Lucas Wells		Penrith	0.90m	0.95m	
10 Chase Mattiazzo		Rouse Hill Rams	0.90m	0.95m	
11 Tate De Roo		The Ponds	0.95m	0.90m	
-- Rhys Nethery		Hills District	0.97m		NH

Boys U 10 - High Jump (S/H 1.00m)

Region: R 1.38m 21/02/2021 Ebosioigwe Ugbohmeh, Werrington
 State: S 1.51m 21/03/2004 Jake Stein, Warradale

Name	Age	Centre	Seed	Final	Points
1 Ngong Deng		Blacktown	1.15m	1.23m	
2 Liam Van Eck		Quakers Hill	1.13m	1.23m	
3 Lachlan Bradshaw		Penrith	1.10m	1.15m	
4 Clayton Gregory		Penrith	1.10m	1.15m	
5 Liam Banks		Riverstone	1.05m	1.15m	
6 Alexander Nguyen		Winston Hills	1.00m	1.10m	
6 Heath Broughton		Hawkesbury City	1.07m	1.10m	
8 Fraser Reynolds-Nutt		Quakers Hill	1.05m	1.05m	
8 Oliver Sharman		Winston Hills	1.00m	1.05m	
8 Eli Simpson		Werrington	1.00m	1.05m	
11 Isaac Portelli		Rouse Hill Rams	1.00m	1.00m	
11 Xavier Desira		Rouse Hill Rams	1.00m	1.00m	
11 Riley Adams		Doonside	1.00m	1.00m	

Boys U 11 - High Jump (S/H 1.10m)

Region: R 1.41m 9/02/2020 Brayden Thompson, Hills District
 State: S 1.63m 17/03/1996 John Thornell, Green Valley

Name	Age	Centre	Seed	Final	Points
1 Taine Katalinic		Winston Hills	1.32m	1.32m	
2 Peini Ika		Doonside	1.27m	1.32m	
3 Ned Francis		Winston Hills	1.25m	1.20m	
4 Cohen Burville		The Ponds	1.21m	1.15m	
4 James Loughhead		Rouse Hill Rams	1.25m	1.15m	
6 Ryan Haaf		Winston Hills	1.10m	1.15m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - High Jump (S/H 1.10m)**

7	Vakalahi Taufu	Hills District	1.10m	1.10m
7	Finn Sweeney	Hills District	1.17m	1.10m
--	Cooper Kustreba	Riverstone	1.10m	NH
--	Bailey Plunkett	Penrith	1.10m	NH

Boys U 12 - High Jump (S/H 1.20m)

Region: R 1.51m 21/02/2015 Joseph Suaalii, Werrington

State: S 1.72m 21/03/2009 Thibaut Potin, Illawong

Name	Age	Centre	Seed	Final	Points
1	Noah Kemp	Hawkesbury City	1.35m	1.34m	
2	Lachlan Albert	Hills District	1.25m	1.34m	
3	Brody Watson	Colyton St Clair	1.36m	1.32m	
4	Brayden Kelly	Penrith	1.30m	1.25m	
4	lucas ward	Kings Langley	1.25m	1.25m	
6	Mitchell Klomp	Hills District	1.31m	1.20m	
6	William Jones	Emu Plains	1.25m	1.20m	
--	Owen Levy	Werrington	1.25m	NH	

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

Region: R 1.57m 20/02/2022 Brayden Thompson, Hills District

State: S 1.81m 21/03/2010 Thibaut Potin, Illawong

Name	Age	Centre	Seed	Final	Points
1	Brayden Thompson	Hills District	1.55m	1.57mR	
2	Alex Spadaro	Prospect	1.40m	1.51m	
3	William Cetinic	Hills District	1.45m	1.43m	
4	Noah Hams	Colyton St Clair	1.20m	1.35m	
5	Jesse Peach	The Ponds	1.30m	1.25m	

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

Region: R 1.68m 17/02/2018 Siotame Hansen, Colyton St Clair

State: S 1.95m 20/03/1994 Justin Hathway, Tamworth

Name	Age	Centre	Seed	Final	Points
1	Liam Grant	Winston Hills	1.62m	1.62m	
2	Luca de Burnay Thompson	Hawkesbury City	1.64m	1.60m	
3	cillian miller	Hills District	1.50m	1.48m	
4	Alexander Powell	Rouse Hill Rams	1.40m	1.48m	
5	Alex Margiotta	Rouse Hill Rams	1.52m	1.48m	
6	Luke Williams	Hills District	1.42m	1.40m	
7	Nikhil Jowaheer	Nepean	1.25m	1.30m	

Boys U 15 - High Jump (S/H 1.30m)

Region: R 1.75m 10/02/2019 Joel Davis, Hills District

State: S 2.06m 18/03/2000 James Watson, Manly Warringah

Name	Age	Centre	Seed	Final	Points
1	Luke Vrataric	Blacktown	1.60m	1.68m	
2	Noah Baccan Ribeiro	Hills District	1.65m	1.64m	
3	Aryan Ryan	Winston Hills	1.60m	1.64m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 15 - High Jump (S/H 1.30m)**

4 Parker Bohman	Hills District	1.65m	1.60m
4 Nate Gill	Riverstone	1.60m	1.60m
6 Jasper Deane	Hills District	1.55m	1.56m
7 Isaac Chevalier	Winston Hills	1.55m	1.45m
8 Ajay Konantambigi	Winston Hills	1.25m	1.35m

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

Region: R 1.86m 9/02/2019 Andrew Dean, Doonside

State: S 2.10m 20/03/2010 Brandon Starc, Parramatta

Name	Age Centre	Seed	Final	Points
1 Lav Banjac	Hills District	1.75m	1.75m	
2 Caleb Torrisheba	Quakers Hill	1.70m	1.72m	
3 Marc Milton-White	Hills District	1.72m	1.70m	
4 Benjamin Waring	Hills District	1.70m	1.70m	
5 Lucas Scerri	Winston Hills	1.65m	1.65m	
5 Luke Juhart	Winston Hills	1.70m	1.65m	
5 Jayeola Sunmola	Hills District	1.72m	1.65m	
8 Matthias Barrett	Prospect	1.59m	1.65m	
9 Kyan Heintz	The Ponds	1.65m	1.60m	
10 Dylan Parker	Doonside	1.55m	1.55m	
11 Jy Windle	Winston Hills	1.65m	1.50m	

Boys U 8 - Long Jump

Region: R 3.79m 19/02/2017 Joseph Ezekiel, Werrington

State: S 4.24m 22/02/1987 Steven Grant, Port Hacking

Name	Age Centre	Seed	Final	Points
1 Deucaleon Ikamui	Kings Langley	3.62m	3.50m	
2 Harrison Forth	Nepean	3.27m	3.36m	
3 William Treharne	Nepean	3.20m	3.31m	
4 Hadriel Fernando	Quakers Hill	2.83m	3.17m	
5 Thys Roodt	Hills District	3.19m	3.16m	
6 Harrison Bouquet	Winston Hills	3.24m	3.00m	
7 Miller Van Straaten	Blacktown	2.68m	2.99m	
8 Etienne Kriesch	Winston Hills	3.11m	2.93m	
9 Braxton Bates	Minchinbury	2.41m	2.91m	
10 Isaiah Nasio	Doonside	2.78m	2.86m	
11 Jaxx Catelotti	Riverstone	2.91m	2.80m	
12 Roman Sawaszenko	Cranebrook	2.59m	2.56m	
13 Lincoln Davis	Hawkesbury City	2.75m	2.50m	
14 Jayden Finn	Emu Plains	2.72m	2.47m	

Boys U 9 - Long Jump

Region: R 4.07m 17/02/2018 Joseph Ezekiel, Werrington

State: S 4.71m 24/03/1991 Grant Buchanan, Illawong

Name	Age Centre	Seed	Final	Points
1 Levi Holden	Emu Plains	2.90m	3.67m	
2 Louis Csirszka	Hills District	3.51m	3.63m	
3 Koen Beale	Penrith	3.31m	3.58m	
4 Tayem Reading	Winston Hills	3.34m	3.44m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 9 - Long Jump**

5	Patrick Boafo	Prospect	3.18m	3.35m
6	Ben Spadaro	Prospect	3.10m	3.34m
7	Rhys Nethery	Hills District	3.19m	3.26m
7	Dre Waters	Hawkesbury City	3.25m	3.26m
9	Benjamin Connolly	Penrith	3.10m	3.22m
9	Jarlath Jarrett	Rouse Hill Rams	3.44m	3.22m
11	Mathayus Andreatta	Cranebrook	3.15m	3.19m
12	Phoenix Taufan	Hills District	3.11m	3.17m
13	Jalen Karbon	The Ponds	2.94m	3.12m
14	Chase Mattiazzo	Rouse Hill Rams	3.40m	3.08m

Boys U 10 - Long Jump

Region: R 4.40m 21/02/2015 Jesse McLean, Blacktown
 State: S 5.17m 16/03/1980 Martin Moore, Bathurst

Name	Age	Centre	Seed	Final	Points
1	Jardii Ikamui	Kings Langley	4.16m	4.04m	
2	Cameron Batey	Hills District	4.02m	3.92m	
3	Lachlan Bradshaw	Penrith	3.55m	3.83m	
4	Clayton Gregory	Penrith	3.31m	3.76m	
5	Aharshan Sivaniruban	Kings Langley	3.80m	3.73m	
6	Aarush Kumar	Hills District	3.65m	3.61m	
7	Alexander Nguyen	Winston Hills	3.60m	3.58m	
8	Lucas O'Hare	Nepean	3.17m	3.46m	
9	Layton Mills	Prospect	3.40m	3.41m	
10	Callum McMillan	The Ponds	3.43m	3.33m	
10	Riley McDonald	Rouse Hill Rams	3.38m	3.33m	
12	Lucas Mcpherson	Penrith	3.08m	3.18m	
13	Oliver Sharman	Winston Hills	3.48m	3.17m	
13	Mitchell Darlow	The Ponds	3.52m	3.17m	
15	Quinn Jeffrey	Tallawong Park	3.30m	3.07m	
16	Evin Ayod Premachandra	Rouse Hill Rams	3.34m	3.05m	

Boys U 11 - Long Jump

Region: R 4.94m 22/02/2015 Nwazuruka Ohiaeri, Lethbridge P
 State: S 5.34m 7/02/1987 Craig Woodroff, Manly Warringah

Name	Age	Centre	Seed	Final	Points
1	Blake Spencer	Rouse Hill Rams	3.35m	4.05m	
2	Cohen Burville	The Ponds	3.70m	3.90m	
3	Xavier Scheepers	Hills District	3.92m	3.76m	
4	Timothy Hammond	Emu Plains	3.76m	3.72m	
5	Amjad Mousa	Blacktown	3.67m	3.59m	
6	Remy Cross	Emu Plains	3.59m	3.51m	
7	Khai Aldaba	Riverstone	3.03m	3.35m	
8	Benjamin Parsell	The Ponds	3.05m	3.28m	
9	Jeremy Boafo	Prospect	3.33m	3.27m	
10	Aviel Fernando	Quakers Hill	3.02m	3.10m	
11	Jarwyn Quartey	Doonside	3.39m	3.09m	
12	Nathan Garside	Rouse Hill Rams	3.13m	3.07m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 12 - Long Jump**

Region: R 5.20m 16/02/2013 Shane Munaweera, Jamison

State: S 5.86m 17/03/1996 Michael Doggett, Lithgow

Name	Age Centre	Seed	Final	Points
1 Alexander Benforte	Rouse Hill Rams	4.61m	4.74m	
2 Noah Kemp	Hawkesbury City	4.44m	4.40m	
3 Lachlan Albert	Hills District	4.49m	4.28m	
4 Aaron Chevalier	Winston Hills	4.15m	4.12m	
5 Mekaeel Khan	Hills District	4.21m	4.01m	
6 Brayden Kelly	Penrith	3.56m	3.97m	
7 Bryson Samuel	Winston Hills	4.16m	3.90m	
8 Brody Watson	Colyton St Clair	3.82m	3.90m	
9 Owen Levy	Werrington	3.52m	3.56m	
10 Thomas Clarke	Tallawong Park	3.71m	3.39m	
11 Kris Alimo	Blacktown	3.32m	3.37m	
12 Evan Francis	Nepean	3.41m	3.35m	
13 Maxx Patel	Prospect	3.27m	3.16m	
14 Cyrus Bailey	Minchinbury	3.11m	3.10m	

Boys U 13 - Long Jump

Region: R 5.60m 17/02/2013 Anthony Gale, Nepean

State: S 6.11m 19/03/2006 Kurt Jenner, Mt Pritchard

Name	Age Centre	Seed	Final	Points
1 Jack Proudford	Hills District	5.35m	5.35m	
2 William Cetinic	Hills District	4.81m	4.89m	
3 Ashwin Ramaswamy	Hills District	5.08m	4.85m	
4 Brayden Thompson	Hills District	4.75m	4.59m	
5 Dylan Taylor-rogers	Cranebrook	4.02m	4.19m	
6 Nikhel Raj	The Ponds	3.64m	4.16m	
7 Noah Sharman	Winston Hills	4.06m	4.06m	
8 Noah Foster	Quakers Hill	4.23m	4.03m	
9 Douglas Windress	Hills District	4.07m	3.89m	
10 Noah Hams	Colyton St Clair	3.74m	3.86m	
11 Aarush Anandh	Hills District	4.11m	3.82m	
12 Jesse Peach	The Ponds	3.43m	3.43m	
13 Lachlan Fahey	Blacktown	3.48m	3.40m	

Boys U 14 - Long Jump

Region: R 6.29m 19/02/2017 Laud Codjoe, Colyton St Clair

State: S 6.52m 17/03/1996 Stephen Jacenko, Balmain

Name	Age Centre	Seed	Final	Points
1 Liam Hayes	Hills District	5.82m	5.83m	
2 Luca de Burnay Thompson	Hawkesbury City	5.27m	5.58m	
3 Joshua Cetinic	Hills District	5.50m	5.58m	
4 Taylan Weissel	Hills District	5.30m	5.48m	
5 Matthew Cook	Rouse Hill Rams	4.62m	4.66m	
6 Luke Alderson	Penrith	4.84m	4.58m	
7 Cooper Thorpe	Hills District	4.79m	4.42m	
8 cillian miller	Hills District	4.31m	4.35m	
9 Nikhil Jowaheer	Nepean	4.12m	4.26m	
10 Derrick Acellam Oyoo	Prospect	4.15m	4.12m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 14 - Long Jump**

11 Tory Emme	Hawkesbury City	3.43m	3.36m
12 Cenk Elve	Doonside	3.85m	3.28m

Boys U 15 - Long Jump

Region: R 6.36m 17/02/2018 Laud Codjoe, Colyton St Clair

State: S 7.12m 20/03/2009 Thomas Soliman, Blacktown

Name	Age Centre	Seed	Final	Points
1 Luke Vrataric	Blacktown	5.98m	6.13m	
2 Zachary Redwood	Winston Hills	5.81m	5.74m	
3 Benjamin Kasozi	Hills District	5.73m	5.62m	
4 Parker Bohman	Hills District	5.69m	5.55m	
5 Caeleb Henderson	Winston Hills	5.58m	5.38m	
6 Aryan Ryan	Winston Hills	5.37m	5.25m	
7 Isaac Chevalier	Winston Hills	5.16m	5.13m	
8 Jack Fyfe	Lethbridge Park	4.74m	5.01m	
9 Alexander Ayre	Tallawong Park	4.84m	4.97m	
10 Nate Gill	Riverstone	5.05m	4.91m	
11 Conor McNeill	Hawkesbury City	4.91m	4.48m	

Boys U 17 - Long Jump

Region: R 6.59m 15/02/2014 Jordan Coleman, Hills District

State: S 7.28m 18/03/2017 Alex Willett, Manly Warringah

Name	Age Centre	Seed	Final	Points
1 Stuart Cregan	Doonside	6.05m	6.02m	
2 Jayeola Sunmola	Hills District	6.23m	5.96m	
3 Jy Windle	Winston Hills	5.96m	5.90m	
4 Luke Juhart	Winston Hills	5.98m	5.86m	
5 Caleb Torrisheba	Quakers Hill	5.59m	5.70m	
6 Cameron Davies	Hawkesbury City	5.71m	5.62m	
7 Lucas Scerri	Winston Hills	5.47m	5.57m	
8 faris Khan	Hills District	6.30m	5.42m	
9 Kyan Heintz	The Ponds	5.47m	4.96m	
10 Marc Milton-White	Hills District	5.02m	4.96m	
11 CJ Armitage	Prospect	5.50m	4.52m	
12 Hayden Husar	Cranebrook	4.36m	4.30m	

Boys U 11 - Triple Jump

Region: R 9.79m 9/02/2020 Nicholas McNally, Hills District

State: S 11.06m 27/03/1993 David Geddes, Manly Warringah

Name	Age Centre	Seed	Final	Points
1 Timothy Hammond	Emu Plains	8.44m	8.70m	
2 Hayden Free	Hills District	8.87m	8.59m	
3 Ryan Haaf	Winston Hills	7.43m	7.98m	
4 Jarwyn Quartey	Doonside	7.53m	7.46m	
5 Peter Cook	Rouse Hill Rams	6.98m	7.26m	
6 Henry McDowell	Werrington	6.80m	6.76m	
7 Archie Fisher	Winston Hills	6.77m	6.64m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 12 - Triple Jump**

=====				
Region: R 10.66m 20/02/2016 Jake Baptiste, Kings Langley				
State: S 12.78m 19/03/1995 Gima Keimelo, Randwick Botany				
Name	Age	Centre	Seed	Final Points
=====				
1 Aaron Chevalier		Winston Hills	9.26m	9.23m
2 Keir Mercer		Hills District	8.88m	8.87m
3 Bryson Samuel		Winston Hills	8.72m	8.78m
4 Adam Nasser		The Ponds	8.26m	8.69m
5 Noah Scerri		Winston Hills	8.03m	8.52m
6 Tristan Daly		Hawkesbury City	7.43m	8.40m
7 Mitchell Klomp		Hills District	8.36m	8.35m
8 Brody Watson		Colyton St Clair	8.02m	8.33m
9 Thomas Clarke		Tallawong Park	8.15m	8.03m
10 Connor Carter		Winston Hills	8.02m	7.92m
11 Kris Alimo		Blacktown	7.59m	7.78m
12 Oscar Harding		Hills District	7.93m	7.39m

Boys U 13 - Triple Jump

=====				
Region: R 11.25m 21/02/2016 Laud Codjoe, Colyton St Clair				
State: S 12.72m 18/03/2007 Nicholas Hough, Hills District				
Name	Age	Centre	Seed	Final Points
=====				
1 Ashwin Ramaswamy		Hills District	10.72m	11.21m
2 Alex Spadaro		Prospect	10.51m	10.90m
3 Nicholas McNally		Hills District	10.48m	10.58m
4 William Cetinic		Hills District	10.08m	9.85m
5 Aarush Anandh		Hills District	9.25m	9.15m
6 Noah Hams		Colyton St Clair	8.15m	8.47m
7 Kaikona Taufua		Hills District	7.95m	8.39m
8 Dylan Taylor-rogers		Cranebrook	8.24m	8.24m
9 Jai Thornton		Penrith	6.85m	8.19m
10 Archie King		Emu Plains	7.53m	8.10m
11 Jesse Peach		The Ponds	8.00m	7.94m
12 Jacob Sugumaran		Winston Hills	8.17m	7.90m

Boys U 14 - Triple Jump

=====				
Region: R 12.65m 17/02/2018 Sylvester Amon, Rouse Hill				
State: S 13.48m 17/03/1996 David Geddes, Manly Warringah				
Name	Age	Centre	Seed	Final Points
=====				
1 Luca de Burnay Thompson		Hawkesbury City	11.02m	11.36m
2 Taylan Weissel		Hills District	10.72m	10.70m
3 Khye Mitchell		Minchinbury	7.44m	10.51m
4 Luke Alderson		Penrith	10.10m	10.35m
5 Matthew Cook		Rouse Hill Rams	10.08m	9.98m
6 Jad Nasser		The Ponds	7.93m	8.65m
7 Tory Emme		Hawkesbury City	8.10m	8.37m
8 Maverick Blunden		Hawkesbury City	6.04m	6.00m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15 - Triple Jump**

Region: R 13.18m 20/02/2022 Luke Vrataric, Blacktown					
State: S 14.35m 21/03/1999 Fabrice Lapierre, Blacktown					
Name	Age	Centre	Seed	Final	Points
1	Luke Vrataric	Blacktown	12.21m	13.18mR	
2	Zachary Redwood	Winston Hills	11.92m	12.43m	
3	Parker Bohman	Hills District	11.89m	12.13m	
4	Aryan Ryan	Winston Hills	11.55m	12.10m	
5	Daniel Kasozi	Hills District	11.45m	11.43m	
6	Nate Gill	Riverstone	10.54m	11.41m	
7	Caeleb Henderson	Winston Hills	11.12m	11.36m	
8	Alexander Ayre	Tallawong Park	10.90m	11.14m	
9	Jasper Deane	Hills District	10.92m	10.61m	
10	Conor McNeill	Hawkesbury City	10.82m	10.36m	
11	Lachlan Findlay	Tallawong Park	9.85m	9.41m	
12	Sebastian Fenech	Prospect	9.08m	9.03m	

Boys U 17 - Triple Jump

Region: R 13.74m 16/02/2018 James Neilly, Jamison					
State: S 14.93m 3/02/2019 Connor Murphy, Illawong					
Name	Age	Centre	Seed	Final	Points
1	Jayeola Sunmola	Hills District	12.93m	12.72m	
2	faris Khan	Hills District	12.58m	12.61m	
3	Travis Hargrave	Hawkesbury City	12.73m	12.10m	
4	Luke Juhart	Winston Hills	12.49m	12.09m	
5	Jy Windle	Winston Hills	12.71m	11.97m	
6	Lucas Scerri	Winston Hills	12.06m	11.49m	
7	Kyan Heintz	The Ponds	11.05m	11.30m	
8	Caleb Torrisheba	Quakers Hill	11.79m	11.10m	
9	Lav Banjac	Hills District	12.01m	10.82m	
10	CJ Armitage	Prospect	10.99m	10.81m	
11	Nathan O'Reilly	Penrith	10.03m	10.51m	
--	Aiden Espie	Penrith	7.84m	ND	

Boys U 8 - Shot Put (1.5 Kg)

Region: R 8.98m 21/02/2016 Lachlan Metcalfe, Kings Langley					
State: S 10.98m 6/03/2011 Blake Toohey, Sutherland					
Name	Age	Centre	Seed	Final	Points
1	Theo Cross	Emu Plains	5.82m	7.32m	
2	Harrison Forth	Nepean	6.22m	6.57m	
3	Roman Sawaszenko	Cranebrook	4.82m	6.43m	
4	Caelan Dixon	Hills District	6.06m	6.32m	
5	Jackson Brown	The Ponds	4.81m	5.84m	
6	Flynn Howard	Hills District	5.90m	5.81m	
7	Dylan Pilato	Hawkesbury City	4.07m	5.10m	
8	Lorenzo Manesa	Lethbridge Park	4.43m	5.06m	
9	Hudson Tait	Hills District	4.81m	4.74m	
10	Evan Rogulski	Hills District	4.55m	4.73m	
11	Isaiah Nasio	Doonside	3.87m	4.52m	
12	Ashton Jensen	Penrith	4.31m	4.23m	
13	Jaxx Catelotti	Riverstone	4.76m	4.07m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 8 - Shot Put (1.5 Kg)**

14 Zaviar Tanielu-park	Colyton St Clair	4.26m	3.79m
15 Ritvik Tiwari	Rouse Hill Rams	3.69m	3.72m
16 Maafuele Maafutoka H Lik	Doonside	3.95m	3.02m

Boys U 9 - Shot Put (2.0 Kg)

Region: R 8.93m 18/02/2017 Lachlan Metcalfe, Kings Langley

State: S 11.33m 20/03/1999 Jamal Idris, Bankstown Sports

Name	Age Centre	Seed	Final	Points
1 Arthur Balkin	Emu Plains	5.62m	6.52m	
2 Pelasio Pelasio	Lethbridge Park	5.75m	6.36m	
3 Louis Csirszka	Hills District	6.03m	6.24m	
4 Praise Egbufor	Nepean	5.70m	5.65m	
5 Joshua Waddington	Winston Hills	5.54m	5.46m	
6 Patrick Boafo	Prospect	5.18m	5.37m	
7 Mitchell Greenwood	Hills District	5.46m	5.36m	
8 Dylan Brunner	Blacktown	4.30m	4.57m	
9 Reid Guenther	Rouse Hill Rams	4.05m	4.04m	
10 Nathaniel Evans	Hills District	4.09m	3.80m	
11 Cody Roberts	Tallawong Park	3.82m	3.76m	
12 Aaron Job	Tallawong Park	3.86m	3.68m	

Boys U 10 - Shot Put (2.0 Kg)

Region: R 10.15m 17/02/2018 Lachlan Metcalfe, Kings Langley

State: S 13.22m 20/02/2011 EJ Brown-Vaelua, Nepean

Name	Age Centre	Seed	Final	Points
1 Jeremiah-Xyndel Tatupu	Quakers Hill	8.72m	9.14m	
2 Fraser Reynolds-Nutt	Quakers Hill	8.83m	8.04m	
3 Evin Ayod Premachandra	Rouse Hill Rams	7.75m	8.00m	
4 Xavier Eason	Hills District	8.31m	7.90m	
5 Eli Simpson	Werrington	6.40m	7.52m	
6 Nate Nand	Quakers Hill	6.41m	7.31m	
7 Maximilianvs DE Vita	Emu Plains	6.84m	7.09m	
8 Isaac Portelli	Rouse Hill Rams	7.12m	6.96m	
9 Michael Giffney	Kings Langley	7.50m	6.76m	
10 Heath Broughton	Hawkesbury City	7.52m	6.61m	
11 Vinal Liyanage	The Ponds	6.67m	6.11m	
12 Etuate Bavadra	Penrith	5.17m	5.87m	
13 Hayden Martin	Winston Hills	6.60m	5.86m	
14 Taran Memphis Halaua Lat	Doonside	6.35m	5.75m	
15 Joshua Jensen	Penrith	5.42m	4.84m	

Boys U 11 - Shot Put (2.0 Kg)

Region: R 13.29m 19/02/2016 Muhumuza Guma, Prospect

State: S 14.42m 19/03/2011 Payne Haas, Macquarie Hunter

Name	Age Centre	Seed	Final	Points
1 Hayden Free	Hills District	10.08m	9.80m	
2 Hague Asare	Nepean	9.33m	9.75m	
3 Taine Katalinic	Winston Hills	9.22m	9.01m	
4 Gabriel Plummer	Hills District	9.16m	8.60m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - Shot Put (2.0 Kg)**

5	Harrison Dunn	Hawkesbury City	8.26m	8.18m
6	Eli Saffy	Winston Hills	7.68m	7.79m
7	Jackson Spano	Werrington	7.63m	7.43m
8	Roman Iori	Riverstone	8.56m	7.41m
9	Isaac Lemon	Penrith	6.25m	7.05m
10	Angus Foreshew	Minchinbury	5.81m	6.83m
11	Spencer Schofield	Cranebrook	5.94m	5.14m
12	Jared Husar	Cranebrook	5.06m	5.10m
13	Breyten Van Straaten	Blacktown	3.91m	3.59m

Boys U 12 - Shot Put (2.0 Kg)

Region: R 14.06m 10/02/2019 Benjamin Kasozi, Hills District

State: S 15.69m 2/03/2019 Benjamin Kasozi, Hills District

Name	Age	Centre	Seed	Final	Points
1	Kalisi Aualiitia	Doonside	12.80m	12.94m	
2	Aaron Chevalier	Winston Hills	10.88m	10.90m	
3	Alex Jack	Kings Langley	9.18m	10.11m	
4	Thomas Clarke	Tallawong Park	8.99m	9.63m	
5	Mekaeel Khan	Hills District	8.81m	9.45m	
6	Angus Knight	Hills District	8.70m	8.48m	
7	Zac Johnson	Kings Langley	7.74m	8.40m	
8	Connor Carter	Winston Hills	7.71m	8.22m	
9	Cooper Findlay	Tallawong Park	8.18m	7.48m	
10	Oscar Harding	Hills District	8.20m	7.47m	
11	Brayden Kingcott	The Ponds	6.65m	6.11m	

Boys U 13 - Shot Put (3.0 Kg)

Region: R 16.19m 9/02/2020 Benjamin Kasozi, Hills District

State: S 19.11m 20/03/2009 Tepai Moeroa, Doonside

Name	Age	Centre	Seed	Final	Points
1	Xavier Fenech	Prospect	10.07m	10.61m	
2	Keegan Free	Hills District	8.65m	9.99m	
3	Elias McGaughey	Werrington	8.73m	9.90m	
4	Tayga Sevdimbis	Hills District	9.76m	9.46m	
5	Alexander Eason	Hills District	7.49m	8.43m	
6	Marcus Catford	Hills District	7.81m	8.24m	
7	Julian Corpus	Winston Hills	7.39m	7.65m	
8	Douglas Windress	Hills District	7.92m	7.34m	
9	Archie King	Emu Plains	6.80m	7.10m	
10	Lachlan Fahey	Blacktown	6.77m	6.84m	
11	Jacob Sugumaran	Winston Hills	7.47m	6.48m	

Boys U 14 - Shot Put (3.0 Kg)

Region: R 18.10m 9/02/2020 Amosia Soatini, Nepean

State: S 18.51m 16/02/2013 Tyrone Taukamo, Randwick Botany

Name	Age	Centre	Seed	Final	Points
1	Julio-Xavier Tatupu	Quakers Hill	13.66m	16.28m	
2	Dominic-Xander Tatupu	Quakers Hill	13.43m	16.07m	
3	James Schofield	Nepean	15.40m	15.75m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 14 - Shot Put (3.0 Kg)**

4 Rohnan Lindsay	Winston Hills	12.81m	12.81m
5 Luke Williams	Hills District	12.51m	12.64m
6 Riley Duncum	Kings Langley	11.45m	12.20m
7 Tory Emme	Hawkesbury City	8.49m	8.45m
8 Brandon Viko	Winston Hills	8.37m	8.34m

Boys U 15 - Shot Put (4.0 Kg)

Region: R 16.03m 19/02/2022 Daniel Kasozi, Hills District

State: S 19.62m 18/03/2011 Tepai Moeroa, Doonside

Name	Age Centre	Seed	Final	Points
1 Daniel Kasozi	Hills District	15.98m	16.03mR	
2 Benjamin Kasozi	Hills District	15.13m	14.94m	
3 Sebastian Fenech	Prospect	10.38m	11.10m	
4 Jasper Deane	Hills District	10.98m	10.65m	
5 Evan Garbutt	Colyton St Clair	10.38m	10.01m	
6 Isaac Chevalier	Winston Hills	9.37m	9.76m	
7 Ajay Konantambigi	Winston Hills	6.79m	6.81m	
8 Steven Holbourn	Prospect	6.00m	6.42m	

Boys U 17 - Shot Put (5.0 Kg)

Region: R 18.32m 16/02/2013 Tepai Moerora, Doonside

State: S 17.89m 24/03/2012 Tepai Moeroa, Doonside

Name	Age Centre	Seed	Final	Points
1 Amosia Soatini	Nepean	18.23m	15.58m	
2 Toby Camilleri	Cranebrook	12.39m	12.90m	
3 Kyan Heintz	The Ponds	10.94m	11.91m	
4 Luis IV Magsanoc	The Ponds	10.88m	11.54m	
5 Nathan O'Reilly	Penrith	10.49m	11.21m	
6 william potts	Hawkesbury City	10.39m	10.59m	
7 Caleb Torrisheba	Quakers Hill	10.36m	10.51m	
8 Dylan Parker	Doonside	9.48m	9.57m	
9 Aidan Faller	Prospect	8.99m	9.08m	
10 Cody Kingcott	The Ponds	7.59m	8.39m	

Boys U 8 - Discus (500 Gram)

Region: R 26.50m 20/02/2016 Lachlan Metcalfe, Kings Langley

State: S 31.36m 16/02/1992 Gareth Care, Nth Rocks Carlingford

Name	Age Centre	Seed	Final	Points
1 Roman Sawaszenko	Cranebrook	17.33m	23.07m	
2 Harrison Forth	Nepean	20.52m	22.78m	
3 Deucaleon Ikamui	Kings Langley	25.52m	22.37m	
4 Luca D'Urso	Hills District	12.92m	15.38m	
5 Theo Cross	Emu Plains	13.16m	14.73m	
6 Caelan Dixon	Hills District	13.28m	12.61m	
7 Lorenzo Manesa	Lethbridge Park	11.32m	12.32m	
8 Evan Rogulski	Hills District	11.00m	12.23m	
9 Senal Liyanage	The Ponds	13.36m	11.39m	
10 Cooper Campbell	Nepean	9.79m	11.28m	
11 Jackson Brown	The Ponds	12.92m	11.04m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 8 - Discus (500 Gram)**

12 Jasraj Singh	Quakers Hill	9.92m	9.77m
13 Zaviar Tanielu-park	Colyton St Clair	9.92m	9.51m
14 Lincoln Davis	Hawkesbury City	11.24m	8.90m
-- Flynn Howard	Hills District	14.27m	ND

Boys U 9 - Discus (500 Gram)

Region: R 28.51m 19/02/2017 Lachlan Metcalfe, Kings Langley

State: S 36.68m 22/11/1998 Jamal Idris, Bankstown Sports

Name	Age Centre	Seed	Final	Points
1 Mathayus Andreatta	Cranebrook	17.81m	25.12m	
2 Levi White	Colyton St Clair	21.65m	23.41m	
3 Pelasio Pelasio	Lethbridge Park	10.82m	18.91m	
4 Lucas Eustace	Rouse Hill Rams	15.35m	18.11m	
5 Praise Egbufor	Nepean	16.13m	16.72m	
6 Mitchell Greenwood	Hills District	16.10m	16.27m	
7 Joshua Waddington	Winston Hills	17.98m	15.77m	
8 Leo Simpson	Werrington	13.45m	14.11m	
9 Levi Mikirtoumov	Minchinbury	11.10m	14.08m	
10 Dylan Brunner	Blacktown	11.42m	12.95m	
11 Ashton Sebastian	Hills District	13.87m	12.85m	
12 Keenan Pennycook	Prospect	10.87m	12.83m	
13 Lucas Wells	Penrith	13.86m	12.58m	

Boys U 10 - Discus (500 Gram)

Region: R 34.50m 9/02/2020 Aaron Chevalier, Winston Hills

State: S 43.20m 19/03/1983 Jason Amberger, Nepean

Name	Age Centre	Seed	Final	Points
1 Jardii Ikamui	Kings Langley	31.20m	30.43m	
2 Jeremiah-Xyndel Tatupu	Quakers Hill	28.78m	29.19m	
3 Fraser Reynolds-Nutt	Quakers Hill	24.47m	28.15m	
4 Evin Ayod Premachandra	Rouse Hill Rams	24.09m	27.82m	
5 Maximilianvs DE Vita	Emu Plains	16.46m	25.69m	
6 Aharshan Sivaniruban	Kings Langley	22.02m	24.68m	
7 London Veal	The Ponds	19.26m	24.59m	
8 Isaac Portelli	Rouse Hill Rams	20.81m	24.03m	
9 Vinal Liyanage	The Ponds	18.60m	19.39m	
10 Lucas Mcpherson	Penrith	17.12m	17.17m	
11 Michael Giffney	Kings Langley	22.86m	16.96m	
12 Hayden Martin	Winston Hills	19.07m	16.87m	
13 Riley McDonald	Rouse Hill Rams	16.83m	16.21m	
14 Taran Memphis Halaua Lat	Doonside	17.45m	15.02m	
15 Joshua Jensen	Penrith	12.08m	12.33m	
16 Harvey Nix	Penrith	11.75m	12.10m	

Boys U 11 - Discus (500 Gram)

Region: R 39.45m 10/02/2019 Alexander Pupualii, Lethbridge Park

State: S 41.51m 17/03/2019 Jozef Cluff, Smithfield

Name	Age Centre	Seed	Final	Points
1 Hayden Free	Hills District	29.57m	33.04m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 11 - Discus (500 Gram)**

2	Taine Katalinic	Winston Hills	24.08m	32.99m
3	Gabriel Plummer	Hills District	27.85m	29.68m
4	Eli Saffy	Winston Hills	27.68m	28.69m
5	Hague Asare	Nepean	23.93m	24.84m
6	Roman Iori	Riverstone	22.70m	24.78m
7	Darcy Waring	Tallawong Park	19.89m	21.71m
8	Isaac Lemon	Penrith	17.60m	21.59m
9	Samuel Dunn	Kings Langley	23.34m	21.19m
10	Benjamin Parsell	The Ponds	18.80m	20.55m
11	Harrison Dunn	Hawkesbury City	19.12m	18.76m
12	Jackson Spano	Werrington	16.93m	17.05m
13	Riley Ncube	Prospect	16.36m	16.79m
14	Ilhan Elve	Doonside	20.55m	15.94m
15	Lucas Muir	Werrington	17.27m	14.60m

Boys U 12 - Discus (750 Gram)

Region: R 44.75m 15/02/2014 Alexander Murdocca, Rouse Hill

State: S 52.43m 16/03/2002 Emanuele Fuamatu, Fairfield

Name	Age	Centre	Seed	Final	Points
1	Kalisi Aualiitia	Doonside	32.25m	35.84m	
2	Aaron Chevalier	Winston Hills	34.17m	35.04m	
3	Viliami Wolfgramm	Winston Hills	23.49m	25.45m	
4	Hayze Fualau	Minchinbury	21.09m	21.96m	
5	Charlie Andrews	Winston Hills	18.26m	21.75m	
6	Eli Ma'u	Doonside	25.37m	21.48m	
7	Thomas Clarke	Tallawong Park	20.75m	21.20m	
8	lucas ward	Kings Langley	22.66m	20.51m	
9	Hayden Greenwood	Hills District	21.71m	19.59m	
10	Brody Watson	Colyton St Clair	19.49m	19.23m	
11	Alex Jack	Kings Langley	16.33m	17.46m	
12	Zac Johnson	Kings Langley	18.34m	16.88m	
13	Zachary Herrero	Werrington	14.93m	16.11m	
14	Ethan Hughes	Werrington	16.46m	15.43m	

Boys U 13 - Discus (750 Gram)

Region: R 45.84m 21/02/2015 Alexander Murdocca, Rouse Hill

State: S 60.74m 2/02/2019 Angus Clues, Springwood

Name	Age	Centre	Seed	Final	Points
1	Elias McGaughey	Werrington	25.44m	27.76m	
2	Tayga Sevdimbis	Hills District	27.19m	26.33m	
3	Keegan Free	Hills District	23.32m	22.50m	
4	Xavier Fenech	Prospect	22.79m	22.34m	
5	Douglas Windress	Hills District	19.68m	21.05m	
6	Jacob Sugumaran	Winston Hills	18.49m	18.91m	
7	Ethan Tait	Hills District	17.62m	17.87m	
8	Vincent Contini	Hills District	19.77m	17.54m	
9	Lachlan Fahey	Blacktown	17.45m	16.34m	
10	Aiden Tod	Blacktown	13.81m	12.07m	
11	Aiden Clark	Prospect	10.94m	11.21m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 14 - Discus (1.0 Kg)**

Region: R 52.34m 16/02/2018 Siotame Hansen, Colyton St Clair				
State: S 57.71m 20/03/2010 Tepai Moeroa, Doonside				
Name	Age	Centre	Seed	Final Points
1 James Schofield		Nepean	42.71m	46.32m
2 Julio-Xavier Tatupu		Quakers Hill	42.36m	44.30m
3 Lachlan Metcalfe		Kings Langley	41.21m	37.94m
4 Riley Duncum		Kings Langley	35.83m	34.20m
5 Rohnan Lindsay		Winston Hills	34.10m	33.48m
6 Dominic-Xander Tatupu		Quakers Hill	42.23m	31.99m
7 Declan Abela		Winston Hills	26.62m	31.09m
8 Tory Emme		Hawkesbury City	22.67m	22.85m
9 Brandon Viko		Winston Hills	21.48m	20.89m
10 Maverick Blunden		Hawkesbury City	9.48m	9.44m

Boys U 15 - Discus (1.0 Kg)

Region: R 55.76m 17/02/2018 Lucas Rose, Colyton St Clair				
State: S 64.26m 15/02/2015 Nicholas Frost, Parramatta				
Name	Age	Centre	Seed	Final Points
1 Benjamin Kasozi		Hills District	46.35m	48.56m
2 Daniel Kasozi		Hills District	47.26m	48.34m
3 Lachlan Green		Nepean	47.90m	47.95m
4 Isaac Chevalier		Winston Hills	35.22m	37.01m
5 Ankit Rawal		Blacktown	36.82m	35.72m
6 Sebastian Fenech		Prospect	30.88m	35.61m
7 Alexander Ayre		Tallawong Park	29.84m	33.28m
8 Rafy Abu Ganaba		Blacktown	25.29m	31.60m
9 Evan Garbutt		Colyton St Clair	29.20m	27.24m
10 Liam Balintec		Winston Hills	23.65m	26.29m
11 Jasper Deane		Hills District	31.64m	24.66m
12 Ajay Konantambigi		Winston Hills	17.16m	18.59m
13 Steven Holbourn		Prospect	13.13m	14.83m

Boys U 17 - Discus (1.5 Kg)

Region: R 51.45m 9/02/2020 Lucas Rose, Colyton St Clair				
State: S 56.17m 22/03/2009 Liam Speers, Macquarie Hunter				
Name	Age	Centre	Seed	Final Points
1 Toby Camilleri		Cranebrook	36.67m	39.54m
2 Kyan Heintz		The Ponds	30.35m	37.04m
3 Luis IV Magsanoc		The Ponds	26.55m	29.24m
4 Caleb Torrisheba		Quakers Hill	30.47m	29.13m
5 Zachary Porter		Winston Hills	31.16m	27.59m
6 Nathan O'Reilly		Penrith	24.78m	23.03m
7 Cody Kingcott		The Ponds	21.89m	22.72m

Boys U 11-12 Multi Class Shot Put

Region: R 6.88m 10/02/2019 Lowndes Motler T/F 20, Werrington				
Name	Age	Centre	Seed	Final Points
1 Ethan Odell		Rouse Hill Rams		3.36m 7.338

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 15-17 Multi Class Shot Put**

Region: R 7.31m 19/02/2022 Lowndes Motler (T/F20), Werrington				
Name	Age	Centre	Seed	Final Points
1 Lowndes Motler (T/F20)		Werrington		7.31mR 15.964
2 Josh Carter (T/F37)		Colyton St Clair		6.91m 11.565

Boys U 11 - Javelin (400 Gram)

Region: R 32.94m 20/02/2016 Muhumuza Guma, Prospect				
State: S 35.48m 24/03/2018 Liam Sykes, Port Hacking				
Name	Age	Centre	Seed	Final Points
1 Hayden Free		Hills District	27.56m	24.24m
2 Taine Katalinic		Winston Hills	19.88m	24.12m
3 Harrison Dunn		Hawkesbury City	22.03m	23.88m
4 Hague Asare		Nepean	17.20m	22.52m
5 Roman Iori		Riverstone	18.64m	19.18m
6 Samuel Dunn		Kings Langley	16.68m	17.92m
7 Jackson Spano		Werrington	13.10m	13.58m
8 Ned Francis		Winston Hills	12.76m	12.30m
9 Blake Spencer		Rouse Hill Rams	13.05m	10.94m
10 Patrick Waddington		Winston Hills	12.69m	7.60m
11 Scott Chestnut		Lethbridge Park	6.76m	7.34m
-- Conan McGaughey		Werrington	13.75m	ND

Boys U 12 - Javelin (400 Gram)

Region: R 33.62m 19/02/2022 Mitchell Klomp, Hills District				
State: S 40.48m 21/03/2015 Daniel Menin, Parramatta				
Name	Age	Centre	Seed	Final Points
1 Mitchell Klomp		Hills District	30.28m	33.62mR
2 Aaron Chevalier		Winston Hills	29.96m	28.34m
3 Eli Ma'u		Doonside	21.93m	23.16m
4 Flynn Van Middeldyk		Rouse Hill Rams	21.64m	22.54m
5 Jake Thomas		Hills District	22.53m	22.06m
6 Charlie Andrews		Winston Hills	29.27m	21.12m
7 Cooper Findlay		Tallawong Park	20.48m	21.00m
8 Ellis Haydon		Emu Plains	16.11m	19.18m
9 Hayden Greenwood		Hills District	20.79m	18.50m
10 Hayze Fualau		Minchinbury	19.90m	15.50m
11 Brayden Kingcott		The Ponds	16.36m	13.62m
12 Thomas Clarke		Tallawong Park	18.95m	13.40m
13 Diesel Speeding		Colyton St Clair	18.44m	12.88m

Boys U 13 - Javelin (600 Gram)

Region: R 36.64m 7/02/2020 Daniel Kasozi, Hills District				
State: S 48.80m 18/03/2007 Shane Nicholls, Kurrajong Bilpin				
Name	Age	Centre	Seed	Final Points
1 Brayden Thompson		Hills District	31.37m	31.84m
2 Ethan Tait		Hills District	24.29m	27.38m
3 Elias McGaughey		Werrington	25.81m	26.86m
4 Keegan Free		Hills District	26.78m	25.90m

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 13 - Javelin (600 Gram)**

5 Douglas Windress	Hills District	24.71m	25.36m
6 Archie King	Emu Plains	19.19m	20.06m
7 Lachlan Fahey	Blacktown	13.16m	12.78m
8 Jamie Chestnut	Lethbridge Park	8.49m	7.88m

Boys U 14 - Javelin (600 Gram)

Region: R 43.24m 9/02/2020 Toby Camilleri, Cranebrook
 State: S 56.87m 18/03/2001 Jonathon Wynn, Camden Haven

Name	Age Centre	Seed	Final	Points
1 Lachlan Metcalfe	Kings Langley	36.60m	34.02m	
2 James Schofield	Nepean	30.70m	32.96m	
3 Rohnan Lindsay	Winston Hills	31.06m	32.90m	
4 Henry Andrews	Winston Hills	31.48m	32.58m	
5 Riley Duncum	Kings Langley	27.66m	31.50m	
6 Declan Abela	Winston Hills	30.21m	29.28m	
7 cillian miller	Hills District	21.74m	23.64m	
8 Jad Nasser	The Ponds	23.16m	23.06m	
9 Tory Emme	Hawkesbury City	19.70m	20.36m	
10 Maverick Blunden	Hawkesbury City	5.29m	6.88m	

Boys U 15 - Javelin (700 Gram)

Region: R 49.19m 21/02/2015 Aaron Keene, Emu Plains
 State: S 59.69m 15/02/2014 Cameron McEntyre, Ku-Ring-Gai

Name	Age Centre	Seed	Final	Points
1 Isaac Chevalier	Winston Hills	40.98m	38.82m	
2 Bradwell Kwok	Prospect	33.47m	30.34m	
3 Zackary Armitage	Prospect	23.51m	24.92m	
4 Evan Garbutt	Colyton St Clair	25.39m	23.66m	
5 Ajay Konantambigi	Winston Hills	18.82m	21.50m	
6 Cooper Levy	Werrington	19.48m	21.18m	
7 Sebastian Gross	Mt Druitt	10.52m	13.32m	
8 Steven Holbourn	Prospect	10.36m	11.58m	

Boys U 17 - Javelin (700 Gram)

Region: R 61.86m 19/02/2017 Aaron Keene, Emu Plains
 State: S 68.40m 24/03/2013 Rhys Stein, Warradale

Name	Age Centre	Seed	Final	Points
1 Toby Camilleri	Cranebrook	55.22m	53.36m	
2 Finlay Hahn	Emu Plains	51.71m	52.54m	
3 Ilankumaran Murugappan	Kings Langley	35.99m	44.08m	
4 Liam Coburn	Emu Plains	45.87m	43.76m	
5 Kyan Heintz	The Ponds	37.27m	35.14m	
6 Brayden Kwok	Prospect	36.25m	33.42m	
7 Cody Kingcott	The Ponds	28.60m	29.64m	
8 CJ Armitage	Prospect	22.63m	27.90m	
9 Riley Cotter	Hawkesbury City	28.81m	27.04m	
9 Jy Windle	Winston Hills	34.68m	27.04m	
11 Caleb Torrisheba	Quakers Hill	37.41m	26.94m	
12 Dylan Parker	Doonside	32.36m	26.60m	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****....Boys U 17 - Javelin (700 Gram)**

13 Rory Bell	The Ponds	15.85m	17.26m
14 Aiden Espie	Penrith	14.09m	12.88m
-- Nathan O'Reilly	Penrith	26.46m	ND

Boys U 15-17 Multi Class Long Jump

Region: R 2.46m 19/02/2022 Lowndes Motler (T/F20), Werrington				
Name	Age Centre	Seed	Final	Points
1 Lowndes Motler (T/F20)	Werrington		2.46mR	32.199

Boys U 11-12 Multi Class Discus

Region: R 5.44m 19/02/2022 Ethan Odell, Rouse Hill				
Name	Age Centre	Seed	Final	Points
1 Ethan Odell	Rouse Hill Rams		5.44mR	

Boys U 15-17 Multi Class Discus

Region: R 3.33m 19/02/2022 Josh Carter (T/F37), Colyton St Clair				
Name	Age Centre	Seed	Final	Points
1 Josh Carter (T/F37))	Colyton St Clair		3.33mR	8.697
2 Lowndes Motler (T/F20)	Werrington		3.40mR	7.793

Boys U 9 - 700 Metre Walk

Region: R 3:31.95 20/02/2022 Nate Appleyard, Winston Hills				
State: S 3:15.36 20/03/2016 Peter Elliott, Quakers Hill				
Name	Age Centre	Seed	Final	Points
1 Nate Appleyard	Winston Hills	3:45.32	3:31.95R	
2 Joshua Waddington	Winston Hills	3:45.12	3:32.90	
3 Lucas Wells	Penrith	5:27.99	4:52.97	
4 Riley Free	Hills District	5:11.96	4:57.57	
5 Noah Dunn	Kings Langley	5:03.13	5:13.05	
-- Rashid Hamdan	The Ponds	6:07.21	DQ	54.7.1

Boys U 10 - 1100 Metre Walk

Region: R 5:38.05 19/02/2017 Peter Elliott, Quakers Hill				
State: S 5:01.70 22/03/1998 Luke Fitzgerald, Nepean				
Name	Age Centre	Seed	Final	Points
1 Aidan Dixon	Hills District	7:31.92	7:20.65	
2 Daniel Cheers	Hills District	7:56.46	7:27.88	
3 Lachlan Macheski	Winston Hills	8:24.99	8:19.36	

REGION TRACK & FIELD CHAMPIONSHIPS**Results****Boys U 11 - 1100 Metre Walk**

Region: R 5:29.03 18/02/2018 Isaac Beacroft, Quakers Hill				
State: S 5:05.80 21/03/1999 Luke Fitzgerald, Nepean				
Name	Age	Centre	Seed	Final Points
1 Jayden Calder		Riverstone	6:35.60	6:14.54
2 Patrick Waddington		Winston Hills	6:45.53	6:16.96
3 Brock Doran		Minchinbury	7:04.51	6:18.98
4 Darcy Waring		Tallawong Park	7:06.90	6:21.53
5 Samuel Dunn		Kings Langley	7:14.39	6:50.15
6 Sagan Jones		Hills District	7:22.19	6:52.93
7 Aiden Lawn		Nepean	7:34.49	7:07.53

Boys U 12 - 1500 Metre Walk

Region: R 7:14.49 10/02/2019 Isaac Beacroft, Quakers Hill				
State: S 6:45.20 19/03/2000 Luke Fitzgerald, Nepean				
Name	Age	Centre	Seed	Final Points
1 Adam Nasser		The Ponds	9:29.59	9:17.04
2 Joshua Falukner		Tallawong Park	12:20.77	9:47.86
3 Cooper Findlay		Tallawong Park	11:30.08	10:15.69

Boys U 14 - 1500 Metre Walk

Region: R 7:18.83 16/02/2014 Kyle Bedford, Nepean				
State: S 6:13.40 19/03/1995 Troy Sundstrom, Highlanders				
Name	Age	Centre	Seed	Final Points
1 Jad Nasser		The Ponds	8:31.26	8:24.38
2 Kane Robson		Hills District	8:45.46	8:26.48
3 Thomas Varga-Strike		Quakers Hill	10:00.45	8:49.45

Boys U 15 - 1500 Metre Walk

Region: R 6:21.27 20/02/2022 Isaac Beacroft, Quakers Hill				
State: S 5:48.10 22/03/1998 Douglas Connolly, Mt Druitt				
Name	Age	Centre	Seed	Final Points
1 Isaac Beacroft		Quakers Hill	6:17.48	6:21.27R
2 Aidan Pospischil		Winston Hills	8:50.90	8:28.16

Boys U 17 - 1500 Metre Walk

Region: R 6:28.23 19/02/2017 Ryan Thomson, Colyton St Clair				
State: S 5:56.11 23/03/2014 Tyler Jones, Wyong				
Name	Age	Centre	Seed	Final Points
1 Jack Robson		Hills District	7:31.41	7:17.04
2 Brendan Pospischil		Winston Hills	7:36.17	7:24.30