

NWMET ZONE TRACK & FIELD CHAMPIONSHIPS**AH Whaling Reserve****Records**

| | | | | |
|---|-------|------------|-----------------------------------|--|
| Event 1 Girls U 7 50 Metre Sprint | | | | |
| Zone | 9.04 | 29/01/2022 | Shreya Iyer - Winston Hills | |
| Zone | 9.04 | 30/01/2010 | C.Kennedy - Quakers Hill | |
| Event 2 Boys U 7 50 Metre Sprint | | | | |
| Zone | 8.46 | 12/12/2015 | Saxon Ward - Hills District | |
| Event 3 Girls U 7 70 Metre Sprint | | | | |
| Zone | 11.40 | 1/01/1984 | A.Davis - Hills | |
| Event 4 Boys U 7 70 Metre Sprint | | | | |
| Zone | 11.00 | 1/01/1989 | P. Morgan - Winston Hills | |
| Event 5 Girls U 8 70 Metre Sprint | | | | |
| Zone | 10.60 | 1/01/1986 | D Kerr - Winston Hills | |
| Event 6 Boys U 8 70 Metre Sprint | | | | |
| Zone | 10.50 | 1/01/1982 | N Stephens - Winston Hills | |
| Event 7 Girls U 9 70 Metre Sprint | | | | |
| Zone | 10.69 | 13/12/2015 | Tuliana Kabuyawa - Hills District | |
| Event 8 Boys U 9 70 Metre Sprint | | | | |
| Zone | 10.54 | 11/12/2016 | Rhys Webster - Winston Hills | |
| Event 9 Girls U 10 70 Metre Sprint | | | | |
| Zone | 9.80 | 1/02/1997 | A Kerr - Winston Hills | |
| Event 10 Boys U 10 70 Metre Sprint | | | | |
| Zone | 10.00 | 1/02/1997 | D Wright - Winston Hills | |
| Event 11 Girls U 7 100 Metre Sprint | | | | |
| Zone | 16.30 | 1/01/1985 | D.Kerr - Winston Hills | |
| Event 12 Boys U 7 100 Metre Sprint | | | | |
| Zone | 15.90 | 8/12/2012 | Nathaniel Idehen - Hills District | |
| Event 13 Girls U 8 100 Metre Sprint | | | | |
| Zone | 15.40 | 1/01/1980 | A Parker - Hills | |
| Event 14 Boys U 8 100 Metre Sprint | | | | |
| Zone | 14.80 | 1/01/1983 | A Polley - Winston Hills | |
| Event 15 Girls U 9 100 Metre Sprint | | | | |
| Zone | 14.30 | 1/01/1981 | L Whiteside - Winston Hills | |
| Event 16 Boys U 9 100 Metre Sprint | | | | |
| Zone | 14.30 | 2/02/1991 | P Mogan - Winston Hills | |
| Event 17 Girls U 10 100 Metre Sprint | | | | |
| Zone | 13.70 | 1/02/1997 | A Kerr - Winston Hills | |
| Event 18 Boys U 10 100 Metre Sprint | | | | |
| Zone | 13.90 | 1/02/1997 | D Wright - Winston Hills | |
| Event 19 Girls U 11 100 Metre Sprint | | | | |
| Zone | 13.69 | 1/01/1987 | B Page - Hills | |
| Event 20 Boys U 11 100 Metre Sprint | | | | |
| Zone | 12.90 | 1/01/1980 | C Cassidy - Hills | |
| Event 21 Girls U 12 100 Metre Sprint | | | | |
| Zone | 13.20 | 1/01/1986 | A Coupland - Hills | |
| Event 22 Boys U 12 100 Metre Sprint | | | | |
| Zone | 12.60 | 1/01/1981 | C Cassidy - Hills | |

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|---|------|-------|------------|-----------------------------------|
| Event 23 Girls U 13 100 Metre Sprint | Zone | 12.60 | 2/02/1991 | D Kerr - Winston Hills |
| Event 24 Boys U 13 100 Metre Sprint | Zone | 12.09 | 8/12/2012 | Timothy Simmons - Hills District |
| Event 25 Girls U 14 100 Metre Sprint | Zone | 12.40 | 27/10/2003 | A Kerr - Winston Hills |
| Event 26 Boys U 14 100 Metre Sprint | Zone | 11.90 | 5/02/1994 | M Adams - Hills |
| Event 27 Girls U 15 100 Metre Sprint | Zone | 12.50 | 6/02/1993 | D Kerr - Winston Hills |
| Event 28 Boys U 15 100 Metre Sprint | Zone | 11.15 | 14/12/2019 | Lachlan Wood - Winston Hills |
| Event 29 Girls U 17 100 Metre Sprint | Zone | 12.33 | 14/12/2019 | Erin Graham - Hawkesbury City |
| Event 30 Boys U 17 100 Metre Sprint | Zone | 11.12 | 29/01/2022 | Lachlan Wood - Winston Hills |
| Event 31 Girls U 7 200 Metre Sprint | Zone | 33.70 | 30/01/2000 | A.Ashton - Kings Langley |
| Event 32 Boys U 7 200 Metre Sprint | Zone | 33.90 | 30/01/1983 | J Adolphe - Hills District |
| | Zone | 33.90 | 1/01/1980 | M.Canning - Winston Hills |
| Event 33 Girls U 8 200 Metre Sprint | Zone | 25.91 | 14/12/2014 | Alannah Ellis - Hills District |
| Event 34 Boys U 8 200 Metre Sprint | Zone | 30.70 | 1/01/1983 | A Polley - Winston Hills |
| Event 35 Girls U 9 200 Metre Sprint | Zone | 31.20 | 1/01/1987 | D Kerr - Winston Hills |
| Event 36 Boys U 9 200 Metre Sprint | Zone | 29.80 | 4/02/1996 | J De Silva - Winston Hills |
| Event 37 Girls U 10 200 Metre Sprint | Zone | 29.50 | 1/01/1983 | D Waltmann - Lalor Park |
| Event 38 Boys U 10 200 Metre Sprint | Zone | 28.80 | 1/01/1985 | T Henry - Winston Hills |
| Event 39 Girls U 11 200 Metre Sprint | Zone | 28.74 | 10/12/2017 | tuliana kabuyawa - Hills District |
| Event 40 Boys U 11 200 Metre Sprint | Zone | 27.60 | 1/01/1980 | C Cassidy - Hills |
| Event 41 Girls U 12 200 Metre Sprint | Zone | 27.10 | 30/01/1999 | M Riley - Hills |
| Event 42 Boys U 12 200 Metre Sprint | Zone | 26.42 | 29/01/2012 | Timothy Simmons - Quakers Hill |
| Event 43 Girls U 13 200 Metre Sprint | Zone | 26.38 | 4/12/2022 | Beyza Sevdimbaz - Hills District |
| Event 44 Boys U 13 200 Metre Sprint | Zone | 24.88 | 28/01/2007 | N Hough - Hills |

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|--|------|---------|------------|----------------------------------|
| Event 45 Girls U 14 200 Metre Sprint | Zone | 25.90 | 30/01/1998 | P Carey - Hills |
| Event 46 Boys U 14 200 Metre Sprint | Zone | 23.98 | 3/02/2008 | N Hough - Hills |
| Event 47 Girls U 15 200 Metre Sprint | Zone | 26.15 | 9/12/2018 | Jorja Wilson - Winston Hills |
| Event 48 Boys U 15 200 Metre Sprint | Zone | 22.87 | 1/02/2009 | N Hough - Hills |
| Event 49 Girls U 17 200 Metre Sprint | Zone | 25.58 | 15/12/2019 | Erin Graham - Hawkesbury City |
| Event 50 Boys U 17 200 Metre Sprint | Zone | 22.29 | 4/12/2022 | Cameron Davies - Hawkesbury City |
| Event 51 Girls U 8 400 Metre Run Pack Start | Zone | 1:28.72 | 3/12/2022 | Aleisha Stevens - Hills District |
| Event 52 Boys U 8 400 Metre Run Pack Start | Zone | 1:20.26 | 3/12/2022 | Joshua West - Hills District |
| Event 53 Girls U 9 400 Metre Sprint | Zone | 1:10.40 | 1/01/1980 | N Stenberg - Hills |
| Event 54 Boys U 9 400 Metre Sprint | Zone | 1:09.20 | 1/01/1984 | A Polley - Winston Hills |
| Event 55 Girls U 10 400 Metre Sprint | Zone | 1:10.01 | 31/01/2009 | S De Sliva - Winston Hills |
| Event 56 Boys U 10 400 Metre Sprint | Zone | 1:07.70 | 1/01/1983 | M Canning - Winston Hills |
| Event 57 Girls U 11 400 Metre Sprint | Zone | 1:06.00 | 1/01/1982 | N Stenberg - Hills |
| Event 58 Boys U 11 400 Metre Sprint | Zone | 1:04.20 | 1/01/1980 | C Cassidy - Hills |
| Event 59 Girls U 12 400 Metre Sprint | Zone | 1:04.90 | 1/01/1983 | N Stenberg - Hills |
| Event 60 Boys U 12 400 Metre Sprint | Zone | 1:00.66 | 10/12/2016 | Lachlan Wood - Winston Hills |
| Event 61 Girls U 13 400 Metre Sprint | Zone | 1:02.04 | 30/01/2004 | P Rom - Winston Hills |
| Event 62 Boys U 13 400 Metre Sprint | Zone | 56.74 | 9/12/2017 | Lachlan Wood - Winston Hills |
| Event 63 Girls U 14 400 Metre Sprint | Zone | 1:00.80 | 1/01/1989 | K Clemens - Hills |
| Event 64 Boys U 14 400 Metre Sprint | Zone | 54.80 | 5/02/1994 | M Adams - Hills |
| Event 65 Girls U 15 400 Metre Sprint | Zone | 59.30 | 3/02/1996 | S Lapham - Hills |
| Event 66 Boys U 15 400 Metre Sprint | Zone | 53.44 | 14/12/2019 | Lachlan Wood - Winston Hills |
| Event 67 Girls U 17 400 Metre Sprint | Zone | 1:00.70 | 10/12/2016 | Rowena Milliss - Winston Hills |

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|---|------|-------|------------|----------------------------------|
| Event 68 Boys U 17 400 Metre Sprint | Zone | 49.39 | 14/12/2019 | Joshua Atkinson - Hills District |
| Event 69 Girls U 8 60 Metre Hurdles (45cm) | Zone | 11.70 | 4/02/1995 | A Kerr - Winston Hills |
| Event 70 Boys U 8 60 Metre Hurdles (45cm) | Zone | 11.00 | 10/12/2016 | Saxon Ward - Hills District |
| Event 71 Girls U 9 60 Metre Hurdles (45cm) | Zone | 10.80 | 1/01/1997 | S Starkey - Riverstone |
| Event 72 Boys U 9 60 Metre Hurdles (45cm) | Zone | 10.10 | 4/02/1995 | C Nielson - Winston Hills |
| Event 73 Girls U 10 60 Metre Hurdles (60cm) | Zone | 9.60 | 1/01/1988 | B Smith - Winston Hills |
| Event 74 Boys U 10 60 Metre Hurdles (60cm) | Zone | 9.60 | 7/12/1991 | G O'Donnell - Richmond |
| Event 75 Girls U 11 80 Metre Hurdles (60cm) | Zone | 13.69 | 4/12/2022 | Savannah Cox - Hills District |
| Event 76 Boys U 11 80 Metre Hurdles (60cm) | Zone | 13.78 | 15/12/2019 | William Cetinic - Hills District |
| Event 77 Girls U 12 80 Metre Hurdles (68cm) | Zone | 13.32 | 4/12/2022 | Sanjana Iyer - Winston Hills |
| Event 78 Boys U 12 80 Metre Hurdles (68cm) | Zone | 12.77 | 15/12/2019 | Joshua Cetinic - Hills District |
| Event 79 Girls U 13 80 Metre Hurdles (76cm) | Zone | 13.31 | 4/12/2022 | Beyza Sevdimbaz - Hills District |
| Event 80 Boys U 13 80 Metre Hurdles (76cm) | Zone | 12.10 | 2/02/1997 | A Abou-Mahmoud - Winston Hills |
| Event 81 Girls U 14 80 Metre Hurdles (76cm) | Zone | 12.53 | 15/12/2013 | Tiana Death - Hills District |
| Event 82 Boys U 14 90 Metre Hurdles (76cm) | Zone | 12.55 | 3/02/2008 | N Hough - Hills |
| Event 83 Girls U 15 90 Metre Hurdles (76cm) | Zone | 13.30 | 2/02/1997 | A Luthy - Hawkesbury City |
| Event 84 Boys U 15 100 Metre Hurdles (76cm) | Zone | 14.49 | 30/01/2005 | C Burns - Hawkesbury City |
| Event 85 Girls U 17 100 Metre Hurdles (76cm) | Zone | 15.19 | 15/12/2019 | Chanelle Odendaal - Rouse Hill |
| Event 86 Boys U 17 110 Metre Hurdles (76cm) | Zone | 14.16 | 4/12/2022 | Cameron Davies - Hawkesbury City |
| Event 87 Girls U 13 200 Metre Hurdles (68cm) | Zone | 29.70 | 1/01/1990 | A Maguire - Hills |
| Event 88 Boys U 13 200 Metre Hurdles (68cm) | Zone | 28.30 | 1/01/1985 | L Liaubon - Winston Hills |
| Event 89 Girls U 14 200 Metre Hurdles (76cm) | Zone | 29.10 | 1/01/1988 | R Freeman - Hills |
| Event 90 Boys U 14 200 Metre Hurdles (76cm) | Zone | 25.41 | 2/02/2008 | N Hough - Hills |

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|---|------|---------|------------|--------------------------------------|
| Event 91 Girls U 15 300 Metre Hurdles (76cm) | Zone | 47.76 | 8/12/2016 | Danielle Drinnan - Winston Hills |
| Event 92 Boys U 15 300 Metre Hurdles (76cm) | Zone | 44.55 | 28/01/2022 | Noah Baccan Ribeiro - Hills District |
| Event 93 Girls U 17 300 Metre Hurdles (76cm) | Zone | 46.26 | 2/12/2022 | Avalene Tandog - Hills District |
| Event 94 Boys U 17 300 Metre Hurdles (76cm) | Zone | 39.90 | 28/01/2022 | Travis Hargrave - Hawkesbury City |
| Event 95 Girls U 7 500 Metre Run Pack Start | Zone | 1:37.80 | 1/01/1988 | S Lapham - Hills |
| Event 96 Boys U 7 500 Metre Run Pack Start | Zone | 1:29.50 | 30/01/2008 | J Green - Hills |
| Event 97 Girls U 8 700 Metre Run Pack Start | Zone | 2:18.10 | 16/12/1991 | K Drennan - Hills |
| Event 98 Boys U 8 700 Metre Run Pack Start | Zone | 2:05.30 | 28/01/2009 | H Green - Hills |
| Event 99 Girls U 9 800 Metre Run | Zone | 2:41.00 | 1/01/1980 | N Stenberg - Hills |
| Event 100 Boys U 9 800 Metre Run | Zone | 2:35.50 | 1/01/1984 | A Polley - Winston Hills |
| Event 101 Girls U 10 800 Metre Run | Zone | 2:40.40 | 1/01/1985 | K Clemens - Lalor Park |
| Event 102 Boys U 10 800 Metre Run | Zone | 2:34.30 | 1/01/1985 | A Polley - Winston Hills |
| Event 103 Girls U 11 800 Metre Run | Zone | 2:33.90 | 1/01/1981 | C Hauser - Hills |
| Event 104 Boys U 11 800 Metre Run | Zone | 2:27.20 | 1/01/1982 | P Stellino - Hills |
| Event 105 Girls U 12 800 Metre Run | Zone | 2:26.00 | 1/01/1985 | A Harrison - Hills |
| Event 106 Boys U 12 800 Metre Run | Zone | 2:16.80 | 1/01/1983 | N Stellino - Hills |
| Event 107 Girls U 13 800 Metre Run | Zone | 2:22.60 | 1/01/1988 | K Clemens - Hills |
| Event 108 Boys U 13 800 Metre Run | Zone | 2:18.03 | 10/12/2017 | Lachlan Wood - Winston Hills |
| Event 109 Girls U 14 800 Metre Run | Zone | 2:20.60 | 1/01/1989 | K Clemens - Hills |
| Event 110 Boys U 14 800 Metre Run | Zone | 2:08.41 | 11/12/2016 | Joshua Atkinson - Hills District |
| Event 111 Girls U 15 800 Metre Run | Zone | 2:18.30 | 1/01/1996 | S Lapham - Hills |
| Event 112 Boys U 15 800 Metre Run | Zone | 2:04.73 | 10/12/2017 | Joshua Atkinson - Hills District |
| Event 113 Girls U 17 800 Metre Run | Zone | 2:24.11 | 9/12/2012 | Sarah Marvin - Winston Hills |

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|--|----------|------------|-----------------------------------|
| Event 114 Boys U 17 800 Metre Run | | | |
| Zone | 1:55.43 | 15/12/2019 | Joshua Atkinson - Hills District |
| Event 117 Girls U 11 1500 Metre Run | | | |
| Zone | 5:16.70 | 1/01/1986 | E Simpson - Winston Hills |
| Event 118 Boys U 11 1500 Metre Run | | | |
| Zone | 4:59.30 | 1/01/1982 | P Stellino - Hills |
| Event 119 Girls U 12 1500 Metre Run | | | |
| Zone | 4:59.00 | 1/01/1980 | S Everitt - Hills |
| Event 120 Boys U 12 1500 Metre Run | | | |
| Zone | 4:38.50 | 1/01/1983 | N Stellino - Hills |
| Event 121 Girls U 13 1500 Metre Run | | | |
| Zone | 4:57.50 | 1/01/1986 | A Harrison - Hills |
| Event 122 Boys U 13 1500 Metre Run | | | |
| Zone | 4:39.80 | 12/12/2015 | Joshua Atkinson - Hills District |
| Event 123 Girls U 14 1500 Metre Run | | | |
| Zone | 4:52.70 | 14/12/2013 | Leena Yang - Hills District |
| Event 124 Boys U 14 1500 Metre Run | | | |
| Zone | 4:32.16 | 28/01/2012 | Benjamin Thomson - Hills District |
| Event 125 Girls U 15 1500 Metre Run | | | |
| Zone | 4:58.60 | 30/01/2009 | S Bright - Hills |
| Event 126 Boys U 15 1500 Metre Run | | | |
| Zone | 4:20.45 | 29/01/2005 | J Kaan - Hills |
| Event 127 Girls U 17 1500 Metre Run | | | |
| Zone | 4:59.01 | 12/12/2015 | Ali Thomson - Hills District |
| Event 128 Boys U 17 1500 Metre Run | | | |
| Zone | 4:18.70 | 14/12/2013 | Ben Thomson - Hills District |
| Event 129 Girls U 13 3000 Metre Run | | | |
| Zone | 10:43.12 | 30/01/2010 | S Marvin - Winston Hills |
| Event 130 Boys U 13 3000 Metre Run | | | |
| Zone | 10:03.63 | 13/12/2019 | Billy Mulvihill - Hills District |
| Event 131 Girls U 14 3000 Metre Run | | | |
| Zone | 10:31.67 | 14/12/2013 | Leena Yang - Hills District |
| Event 132 Boys U 14 3000 Metre Run | | | |
| Zone | 9:50.38 | 28/01/2012 | Benjamin Thomson - Hills District |
| Event 133 Girls U 15 3000 Metre Run | | | |
| Zone | 10:32.90 | 28/01/2012 | Sarah Marvin - Winston Hills |
| Event 134 Boys U 15 3000 Metre Run | | | |
| Zone | 9:34.19 | 8/12/2012 | Ben Thomson - Hills District |
| Event 135 Girls U 17 3000 Metre Run | | | |
| Zone | 10:38.44 | 2/12/2022 | Lucie Francis - Hills District |
| Event 136 Boys U 17 3000 Metre Run | | | |
| Zone | 9:18.51 | 14/12/2013 | Ben Thomson - Hills District |
| Event 137 Girls U 9 700 Metre Walk | | | |
| Zone | 3:31.00 | 1/02/1997 | S Munday - Prospect |
| Event 138 Boys U 9 700 Metre Walk | | | |
| Zone | 3:45.12 | 30/01/2022 | Joshua Waddington - Winston Hills |

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|---|------|---------|------------|--------------------------------|
| Event 139 Girls U 10 1100 Metre Walk | Zone | 5:54.43 | 4/12/2022 | Keira Gill - Riverstone |
| Event 140 Boys U 10 1100 Metre Walk | Zone | 5:18.68 | 4/12/2022 | Nate Appleyard - Winston Hills |
| Event 141 Girls U 11 1100 Metre Walk | Zone | 5:39.96 | 9/12/2016 | Ella Munroe - Hills District |
| Event 142 Boys U 11 1100 Metre Walk | Zone | 5:59.87 | 27/01/2010 | J Glover - Hills |
| Event 143 Girls U 12 1500 Metre Walk | Zone | 7:50.80 | 4/02/1994 | C Bock - Winston Hills |
| Event 144 Boys U 12 1500 Metre Walk | Zone | 7:25.90 | 1/01/1983 | C Arkins - Hills |
| Event 145 Girls U 13 1500 Metre Walk | Zone | 7:40.90 | 7/12/2018 | Ella Munroe - Hills District |
| Event 146 Boys U 13 1500 Metre Walk | Zone | 7:23.28 | 7/12/2018 | Brodie Payne - Winston Hills |
| Event 147 Girls U 14 1500 Metre Walk | Zone | 6:54.06 | 4/12/2022 | Matilda Webb - Winston Hills |
| Event 148 Boys U 14 1500 Metre Walk | Zone | 7:44.20 | 5/02/1993 | D Rushworth - Prospect |
| Event 149 Girls U 15 1500 Metre Walk | Zone | 7:15.46 | 25/01/2006 | M Hayes - Kings Langley |
| Event 150 Boys U 15 1500 Metre Walk | Zone | 7:17.50 | 5/02/1993 | A Midgley - Prospect |
| Event 151 Girls U 17 1500 Metre Walk | Zone | 7:15.30 | 4/12/2022 | Chelsea Roberts - Riverstone |
| Event 152 Boys U 17 1500 Metre Walk | Zone | 6:50.42 | 11/12/2015 | Jordan Glover - Hills District |
| Event 153 Girls U 9 High Jump (S/H 0.80m) | Zone | 1.14m | 30/01/1999 | L Denning - Hills |
| Event 154 Boys U 9 High Jump (S/H 0.85m) | Zone | 1.40m | 10/12/2016 | Joshua Hand - Winston Hills |
| Event 155 Girls U 10 High Jump (S/H 0.90m) | Zone | 1.28m | 28/01/2007 | A Tait - Kings Langley |
| Event 156 Boys U 10 High Jump (S/H 0.95m) | Zone | 1.41m | 1/01/1980 | D Harris - P Town |
| Event 157 Girls U 11 High Jump (S/H 1.00m) | Zone | 1.40m | 29/01/2022 | Ava Cetinic - Hills District |
| Event 158 Boys U 11 High Jump (S/H 1.05m) | Zone | 1.50m | 28/01/2006 | J Edwards - Winston Hills |
| Event 159 Girls U 12 High Jump (S/H 1.10m) | Zone | 1.50m | 3/12/2022 | Ava Cetinic - Hills District |
| Event 160 Boys U 12 High Jump (S/H 1.15m) | Zone | 1.52m | 1/01/1988 | N Wallington - Hills |
| Event 161 Girls U 13 High Jump (S/H 1.15m) | Zone | 1.57m | 8/12/2018 | Vanessa Apel - Winston Hills |

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|---|------|-------|------------|-----------------------------------|
| Event 162 Boys U 13 High Jump (S/H 1.20m) | Zone | 1.78m | 2/02/1991 | P Jackson - Richmond |
| Event 163 Girls U 14 High Jump (S/H 1.20m) | Zone | 1.63m | 15/12/2019 | Vanessa Apel - Winston Hills |
| Event 164 Boys U 14 High Jump (S/H 1.25m) | Zone | 1.72m | 27/10/2003 | M Claridge - Hills |
| Event 165 Girls U 15 High Jump (S/H 1.20m) | Zone | 1.66m | 5/02/1994 | C Mortleman - Hills |
| Event 166 Boys U 15 High Jump (S/H 1.25m) | Zone | 1.85m | 29/01/2005 | R Webster - Winston Hills |
| Event 167 Girls U 17 High Jump (S/H 1.25m) | Zone | 1.70m | 4/12/2022 | Vanessa Apel - Winston Hills |
| Event 168 Boys U 17 High Jump (S/H 1.30m) | Zone | 1.84m | 8/12/2018 | Omar Nadaya-Harb - Winston Hills |
| Event 169 Girls U 7 Long Jump | Zone | 3.46m | 1/01/1987 | R.Crooks - Riverstone |
| Event 170 Boys U 7 Long Jump | Zone | 3.59m | 1/01/1988 | G.Wells - Winston Hills |
| Event 171 Girls U 8 Long Jump | Zone | 4.17m | 1/01/1986 | D Kerr - Winston Hills |
| Event 172 Boys U 8 Long Jump | Zone | 3.95m | 1/01/1985 | C Pound - Winston Hills |
| Event 173 Girls U 9 Long Jump | Zone | 4.31m | 1/01/1987 | D Kerr - Winston Hills |
| Event 174 Boys U 9 Long Jump | Zone | 4.27m | 1/01/1988 | P Wallington - Winston Hills |
| Event 175 Girls U 10 Long Jump | Zone | 4.69m | 1/01/1988 | D Kerr - Winston Hills |
| Event 176 Boys U 10 Long Jump | Zone | 4.53m | 1/01/1984 | B Courtney - Hills |
| Event 177 Girls U 11 Long Jump | Zone | 4.83m | 1/01/1989 | D Kerr - Winston Hills |
| Event 178 Boys U 11 Long Jump | Zone | 5.06m | 1/01/1986 | T Henry - Winston Hills |
| Event 179 Girls U 12 Long Jump | Zone | 5.07m | 1/01/1982 | K Barrett - Winston Hills |
| Event 180 Boys U 12 Long Jump | Zone | 5.10m | 1/01/1986 | B Courtney - Hills |
| Event 181 Girls U 13 Long Jump | Zone | 5.22m | 8/12/2018 | Tuliana Kabuyawa - Hills District |
| Event 182 Boys U 13 Long Jump | Zone | 5.37m | 11/12/2016 | Patrick Spence - Winston Hills |
| Event 183 Girls U 14 Long Jump | Zone | 5.39m | 30/01/1998 | P Carey - Hills |
| Event 184 Boys U 14 Long Jump | Zone | 5.90m | 10/12/2017 | Sylvester Amon - Rouse Hill |

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|---|------|--------|------------|----------------------------------|
| Event 185 Girls U 15 Long Jump | Zone | 5.49m | 27/10/2003 | M Riley - Hills |
| Event 186 Boys U 15 Long Jump | Zone | 6.06m | 3/12/2022 | Liam Hayes - Hills District |
| Event 187 Girls U 17 Long Jump | Zone | 5.64m | 10/12/2016 | Caitlyn Hicks - Winston Hills |
| Event 188 Boys U 17 Long Jump | Zone | 6.55m | 14/12/2013 | Jordan Coleman - Hills District |
| Event 189 Girls U 11 Triple Jump | Zone | 10.07m | 29/01/2022 | Ava Cetinic - Hills District |
| Event 190 Boys U 11 Triple Jump | Zone | 10.12m | 29/01/2005 | N Hough - Hills |
| Event 191 Girls U 12 Triple Jump | Zone | 10.58m | 8/12/1991 | L Caruana - Prospect |
| Event 192 Boys U 12 Triple Jump | Zone | 10.77m | 30/01/2011 | F Adutwum - Quakers Hill |
| Event 193 Girls U 13 Triple Jump | Zone | 11.02m | 8/12/2012 | Tiana Jaber - Kings Langley |
| Event 194 Boys U 13 Triple Jump | Zone | 11.76m | 27/01/2007 | N Hough - Hills |
| Event 195 Girls U 14 Triple Jump | Zone | 11.28m | 8/12/1991 | B Smith - Winston Hills |
| Event 196 Boys U 14 Triple Jump | Zone | 12.27m | 9/12/2017 | Sylvester Amon - Rouse Hill |
| Event 197 Girls U 15 Triple Jump | Zone | 12.07m | 14/12/2019 | Olivia Dimech - Hawkesbury City |
| Event 198 Boys U 15 Triple Jump | Zone | 12.58m | 4/12/2022 | Liam Hayes - Hills District |
| Event 199 Girls U 17 Triple Jump | Zone | 11.90m | 30/01/2011 | N Apikotoa - Kings Langley |
| Event 200 Boys U 17 Triple Jump | Zone | 13.15m | 2/12/2022 | Faris Khan - Hills District |
| Event 201 Girls U 7 Discus (350 Gram) | Zone | 20.08m | 25/01/2003 | T.Sengul - Winston Hills |
| Event 202 Boys U 7 Discus (350 Gram) | Zone | 27.67m | 14/12/2014 | Lachlan Metcalfe - Kings Langley |
| Event 203 Girls U 8 Discus (500 Gram) | Zone | 23.74m | 31/01/2004 | T Sengul - Winston Hills |
| Event 204 Boys U 8 Discus (500 Gram) | Zone | 27.86m | 30/01/2000 | S Dhaliwal - Quakers Hill |
| Event 205 Girls U 9 Discus (500 Gram) | Zone | 27.18m | 30/01/2005 | P Lemi - Winston Hills |
| Event 206 Boys U 9 Discus (500 Gram) | Zone | 30.83m | 30/01/2005 | T Moerea - Winston Hills |
| Event 207 Girls U 10 Discus (500 Gram) | Zone | 36.17m | 28/01/2006 | T Sengul - Winston Hills |

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|---|--------|------------|-----------------------------------|
| Event 208 Boys U 10 Discus (500 Gram) | | | |
| Zone | 35.40m | 31/01/2009 | J Baker - Winston Hills |
| Event 209 Girls U 11 Discus (500 Gram) | | | |
| Zone | 33.66m | 28/01/2007 | P Lemi - Winston Hills |
| Event 210 Boys U 11 Discus 500 Gram) | | | |
| Zone | 35.64m | 9/12/2012 | Alexander Murdocca - Rouse Hill |
| Event 211 Girls U 12 Discus (750 Gram) | | | |
| Zone | 41.59m | 2/02/2008 | T Snegul - Winston Hills |
| Event 212 Boys U 12 Discus (750 Gram) | | | |
| Zone | 47.02m | 14/12/2013 | Alexander Murdocca - Rouse Hill |
| Event 213 Girls U 13 Discus (750 Gram) | | | |
| Zone | 47.60m | 31/01/2009 | T Sengul - Winston Hills |
| Event 214 Boys U 13 Discus (750 Gram) | | | |
| Zone | 48.00m | 13/12/2014 | Alexander Murdocca - Rouse Hill |
| Event 215 Girls U 14 Discus (1.0 Kg) | | | |
| Zone | 44.29m | 31/01/2010 | T Sengul - Winston Hills |
| Event 216 Boys U 14 Discus (1.0 Kg) | | | |
| Zone | 53.70m | 5/02/1995 | S Novkovic - Winston Hills |
| Event 217 Girls U 15 Discus (1.0 Kg) | | | |
| Zone | 44.63m | 29/01/2011 | T Sengul - Winston Hills |
| Event 218 Boys U 15 Discus (1.0 Kg) | | | |
| Zone | 55.88m | 30/01/1999 | A Walker - Hills |
| Event 219 Girls U 17 Discus (1.0 Kg) | | | |
| Zone | 45.49m | 8/12/2012 | Taylah Sengal - Winston Hills |
| Event 220 Boys U 17 Discus (1.5 Kg) | | | |
| Zone | 45.91m | 14/12/2019 | Blake Archer - Rouse Hill |
| Event 221 Girls U 7 Shot Put (1.0 Kg) | | | |
| Zone | 7.96m | 1/01/1984 | K.Leppanen - Winston Hills |
| Event 222 Boys U 7 Shot Put (1.0 Kg) | | | |
| Zone | 9.50m | 13/12/2014 | Lachlan Metcalfe - Kings Langley |
| Event 223 Girls U 8 Shot Put (1.5 Kg) | | | |
| Zone | 8.50m | 1/02/2004 | T Sengul - Winston Hills |
| Event 224 Boys U 8 Shot Put (1.5 Kg) | | | |
| Zone | 9.04m | 12/12/2015 | Lachlan Metcalfe - Kings Langley |
| Event 225 Girls U 9 Shot Put (2.0 Kg) | | | |
| Zone | 8.12m | 25/01/2003 | T Breeze-Brackers - Winston Hills |
| Event 226 Boys U 9 Shot Put (2.0 Kg) | | | |
| Zone | 9.70m | 29/01/2005 | T Moerea - Winston Hills |
| Event 227 Girls U 10 Shot Put (2.0 Kg) | | | |
| Zone | 10.92m | 29/01/2006 | P Lemi - Winston Hills |
| Event 228 Boys U 10 Shot Put (2.0 Kg) | | | |
| Zone | 11.25m | 26/01/2003 | M Teina - Winston Hills |
| Event 229 Girls U 11 Shot Put (2.0 Kg) | | | |
| Zone | 12.65m | 27/01/2007 | T Sengul - Winston Hills |
| Event 230 Boys U 11 Shot Put (2.0 Kg) | | | |
| Zone | 13.22m | 31/01/2004 | M Teina - Winston Hills |

NWMET ZONE TRACK & FIELD CHAMPIONSHIPS**AH Whaling Reserve****Records**

| | | | | |
|--|------|--------|------------|---------------------------------------|
| Event 231 Girls U 12 Shot Put (2.0 Kg) | Zone | 15.76m | 3/02/2008 | T Sengul - Winston Hills |
| Event 232 Boys U 12 Shot Put (2.0 Kg) | Zone | 13.12m | 9/12/2018 | Benjamin Kasozi - Hills District |
| Event 233 Girls U 13 Shot Put (3.0 Kg) | Zone | 14.57m | 1/02/2009 | T Sengul - Winston Hills |
| Event 234 Boys U 13 Shot Put (3.0 Kg) | Zone | 16.34m | 5/02/1994 | S Novkovic - Winston Hills |
| Event 235 Girls U 14 Shot Put (3.0 Kg) | Zone | 15.42m | 30/01/2010 | T Sengul - Winston Hills |
| Event 236 Boys U 14 Shot Put (3.0 Kg) | Zone | 16.16m | 13/12/2014 | Jandamurra Stewart - Winston Hills |
| Event 237 Girls U 15 Shot Put (3.0 Kg) | Zone | 14.86m | 30/01/2011 | T Sengul - Winston Hills |
| Event 238 Boys U 15 Shot Put (4.0 Kg) | Zone | 17.34m | 30/01/1988 | M Sowden - Riverstone |
| Event 239 Girls U 17 Shot Put (3.0 Kg) | Zone | 15.15m | 9/12/2012 | Taylah Sengal - Winston Hills |
| Event 240 Boys U 17 Shot Put (5.0 Kg) | Zone | 15.34m | 31/01/2009 | M Teina - Winston Hills |
| Event 241 Girls U 11 Javelin (400 Gram) | Zone | 26.20m | 11/12/2016 | Rachel Bardney - Kings Langley |
| Event 242 Boys U 11 Javelin (400 Gram) | Zone | 27.56m | 29/01/2022 | Hayden Free - Hills District |
| Event 243 Girls U 12 Javelin (400 Gram) | Zone | 28.02m | 9/12/2017 | Rachel Bardney - Kings Langley |
| Event 244 Boys U 12 Javelin (400 Gram) | Zone | 33.62m | 12/12/2015 | Blake Archer - Rouse Hill |
| Event 245 Girls U 13 Javelin (400 Gram) | Zone | 41.86m | 28/01/2009 | T Sengul - Winston Hills |
| Event 246 Boys U 13 Javelin (600 Gram) | Zone | 39.67m | 29/01/2004 | A Luzi |
| Event 247 Girls U 14 Javelin (400 Gram) | Zone | 38.36m | 13/12/2019 | Rachel Bardney - Winston Hills |
| Event 248 Boys U 14 Javelin (600 Gram) | Zone | 42.08m | 7/12/2018 | Iankumaran Murugappan - Kings Langley |
| Event 249 Girls U 15 Javelin (500 Gram) | Zone | 31.70m | 9/12/2016 | Tahlia O'Connell - Kings Langley |
| Event 250 Boys U 15 Javelin (700 Gram) | Zone | 42.10m | 13/12/2019 | Iankumaran Murugappan - Kings Langley |
| Event 251 Girls U 17 Javelin (500 Gram) | Zone | 41.82m | 3/12/2022 | Vanessa Apel - Winston Hills |
| Event 252 Boys U 17 Javelin (700 Gram) | Zone | 52.50m | 4/12/2022 | Daniel Kasozi - Hills District |
| Event 255 Girls U 11-12 100 Metre Multi Class Run | Zone | 31.30 | 3/12/2022 | Eden Brooks - Rouse Hill |

NWMET ZONE TRACK & FIELD CHAMPIONSHIPS**AH Whaling Reserve****Records**

| | | | |
|--|---------|------------|--|
| Event 262 Boys U 9-10 Multi Class Long Jump | | | |
| Zone | 1.92m | 15/12/2019 | Levi Douglas - Hawkesbury City |
| Event 266 Boys U 13-14 Multi Class Long Jump | | | |
| Zone | 2.22m | 4/12/2022 | Levi Douglass - Hawkesbury City |
| Event 270 Boys U 9-10 Multi Class Discus | | | |
| Zone | 8.00m | 9/12/2018 | Levi Douglass - Hawkesbury City |
| Event 271 Girls U 11-12 Multi Class Discus | | | |
| Zone | 6.61m | 3/12/2022 | Eden Brooks - Rouse Hill |
| Event 272 Boys U 11-12 Multi Class Discus | | | |
| Zone | 6.73m | 3/12/2022 | Ethan Odell - Rouse Hill |
| Event 274 Boys U 13-14 Multi Class Discus | | | |
| Zone | 13.66m | 3/12/2022 | Levi Douglass - Hawkesbury City |
| Event 277 Girls U 9-12 4x100 Metre Relay (Jnr) | | | |
| Zone | 57.47 | 13/12/2015 | Hills District - Hills District T Kabuyawa, T Paki, J Du Preez, E Buchanan |
| Event 278 Boys U 9-12 4x100 Metre Relay (Jnr) | | | |
| Zone | 56.68 | 15/12/2019 | Hills District - Hills District |
| Event 279 Girls U 12-17 4x100 Metre Relay (Snr) | | | |
| Zone | 50.39 | 4/12/2022 | Hills District - Hills District A Burford, T Kabuyawa, M Muscat, B Sevdimbis |
| Event 280 Boys U 12-17 4x100 Metre Relay (Snr) | | | |
| Zone | 46.34 | 30/01/2022 | Hills District - Hills District J Proudford, L Hayes, D Illangantilake, L Roche |
| Event 282 Boys U 9-10 800 Metre Multi Class Run | | | |
| Zone | 4:41.56 | 15/12/2019 | Levi Douglas - Hawkesbury City |
| Event 284 Boys U 11-12 800 Metre Multi Class Run | | | |
| Zone | 3:50.01 | 4/12/2022 | Ethan Odell - Rouse Hill |
| Event 286 Boys U 13-14 800 Metre Multi Class Run | | | |
| Zone | 4:16.00 | 4/12/2022 | Levi Douglass - Hawkesbury City |
| Event 291 Girls U 11-12 200 Metre Multi Class Run | | | |
| Zone | 1:17.58 | 4/12/2022 | Eden Brooks - Rouse Hill |
| Event 292 Boys U 11-12 200 Metre Multi Class Run | | | |
| Zone | 48.02 | 4/12/2022 | Ethan Odell - Rouse Hill |
| Event 298 Boys U 9-10 Multi Class Shot Put | | | |
| Zone | 2.83m | 14/12/2019 | Levi Douglas - Hawkesbury City |
| Event 299 Girls U 11-12 Multi Class Shot Put | | | |
| Zone | 4.09m | 4/12/2022 | Eden Brooks - Rouse Hill |
| Event 300 Boys U 11-12 Multi Class Shot Put | | | |
| Zone | 4.09m | 4/12/2022 | Ethan Odell - Rouse Hill |
| Event 302 Boys U 13-14 Multi Class Shot Put | | | |
| Zone | 4.13m | 4/12/2022 | Levi Douglass - Hawkesbury City |