



REGION 6 CHAMPIONSHIP 2022/23

WELCOME – Region 6 Championships 18-19th Feb 2023

Region 6 Committee would like to welcome all of the Athletes, Parents, Relatives, Friends and Officials to our Regional Championships for the 2022/2023 season. Please show your support for the athletes as they strive for their best performances. To those athletes who qualify for the State Championships, this season, they will be held on Saturday 18th and Sunday 19th March 2023 at the SOPAC (Sydney Olympic Park Athletics Centre). We would like to take this opportunity to thank all of our officials in advance for all of their hard work over the entire weekend, in the track and field event areas and also the many other areas that are not as highly visible. Without them these carnivals cannot function, and we thank them for their tireless contribution. We hope that all the athletes and families appreciate the contribution that they all have made.

To all our competitors we would like to say this is your championships. There will be those who win, those who will not, but the most important thing is to do your best and enjoy yourselves doing it and compete in the spirit of Little Athletics. This championship is a LANSW event and is run under their rules of competition which can be found:

<https://lansw.com.au/rules-of-competition/>

Live results

<http://www.littleareults.com/Region6/>

Thank you, the Region 6 Committee.

LANSW REGION 6 COMMITTEE

Dennis Coker	NWM Zone Co-ordinator
Ron Pollett	WM Zone Co-ordinator
Nick Pyke	OWM Zone Co-ordinator
Lisa Sayers	Regional Secretary
Simon Nicola	Regional Treasurer
Ken Poole	Technology Officer
	Regional Officer for Officials

JURY OF APPEAL (should a Jury of Appeal be required it will be made up from the following officials)

Nick Pryke, Simon Nicola, Lisa Sayers, Ron Pollett, Jeff Baxter, Morris Garland, Sue Stafa

Technical Delegate: Craig Scott

Thankyou:

We would like to thank the below for supporting our officials.

SITECH Solutions for providing sun protection and Region 6 Hats to officials. www.sitechsolutions.com.au

Wayne and Lisa Sayers for providing bottled water to the officials during the weekend.

Marshalling

Track Events: Track Events to attend marshalling located at the tent near the straight track start line on the outside of the fence. Athletes should meet at marshalling at least 20mins before the start of the event. (Southern Side of ground)

Field Events: Field events are to attend marshalling located near the straight track finish line inside the fence. Athletes should meet at marshalling at least 20mins before the start of the event. (Northern Side of ground)

Competing Centres

Centre	Uniform
Blacktown	Top, Emerald with black and white stripe
Colyton St Clair	Top, Red and Green
Cranebrook	Top, Black, Bottle Green and White
Doonside	Top, Maroon and White
Emu Plains	Top, Red with White trim
Hawkesbury	Top, Maroon with Blue insert on side
Hills District	Top, Yellow with Maroon Stripe
Kings Langley	Top, Purple with Gold stripes down the side
LethbridgePark	Yellow single
Minchinbury	Top, Red with Green and White
Mt Druitt	Top, Bottle Green, Navy Blue and Yellow
Nepean	Top, White with gold band
PenrithValley	Top, Black, White, Red, Green and Gold bands
Prospect	Top, Black with Peacock Blue, and White inserts
Quakers Hill	Top, Red & Black
Riverstone	Top, Red & Yellow
Rouse Hill Rams	Singlet, Blue & White with Black
TallawongPark	Top, Gold with Royal Blue panel
The Ponds	Green and Blue top with white strip or White top
Werrington	Top, Gold with Bottle Green
WinstonHills	Top, Black, White & Gold tiered bands

Please Take Note

Parent Helpers: Parents/Careers are required to help at their athlete's field events, we ask that parents accompany their athletes directly to marshalling then proceed to the event to help, if further parents are required the Chief will ask for helpers at the beginning of the event. This is the best way to watch your child compete up close. Each event requires a minimum of 3 parent helpers, if these are not present this may delay the start of the event. Please note enclosed shoes are essential for helping on the field.

Covid Safety

- If you are unwell or Self Isolating, please stay at home.
- All Officials are to have their Working with Children ID included at Sign on
- Please maintains 1.5m social distance.
- Please follow any instructions given by our Covid marshals

First Aid

- First Aid is located in the LHS of the club house next to the BBQ area.

Dress/Footwear

Athletes must be attired in their centre uniform and comply with the LANSW uniform rules. Athletes who do not comply may not be permitted to compete.

Enclosed footwear must be worn at all events by athletes. Where spikes are permitted athletes should only put these on in the competition area and remove them once again before leaving the area.

Spike Length: a. Synthetic Track - 7mm Maximum High / Long / Triple / Javelin - 9mm Maximum

ADDITIONAL INFORMATION AND LOCAL RULES
(to be followed in conjunction with the RoC from LANSW)

Track Events

1. Some events consist of heats and finals, however if the number of competitors reporting to the marshals, at the time of the heats, is less than required for two (2) heats, then the event will be run as a FINAL at the scheduled HEAT time.
2. Where the total number of entries received for an event, at the time of close of entries, was insufficient to conduct two heats, then the event has been programmed as a FINAL and will be run at the time scheduled for the HEAT.
3. No competitor may enter the field of competition once the field is under the starter's control.

Qualifiers for Finals

1. 2 Heats - First 3 places and next 2 best times.
2. 3 Heats – First 2 places and next 2 best times
3. Track athletes will leave the competition area immediately after their event except in Race Walking where the Judging results need to be determined. Results will be available on-line.
4. Results are not final until half an hour after being posted to allow for Protests to be made by the athlete's Centre Manager.

Field Events

1. All field, except High Jump, where there are more than eight (8) competitors, each shall be allowed three (3) trials, the eight (8) best performed competitors shall then be allowed three (3) additional trials. Where there are eight or less competitors each shall be allowed six (6) trials.
2. No athlete may enter the field of competition after the third round. No athlete may take any trials that they have missed. No athlete may take or have recorded more than one (1) trial in each round.

Alcohol/Smoking:

Little Athletics NSW has a zero tolerance on the consumption of alcohol during any sanctioned event. LANSW understands the harmful effects of smoking on health, fitness and performance in sport and that passive smoking is also hazardous to health. It is acknowledged that non-smokers should be protected from the involuntary Smoking shall not be permitted in any competition or spectator area during any Little Athletics competition.

Athlete Behaviour:

Little Athletics NSW does not tolerate unacceptable or unsporting behaviour from athletes. This includes bullying or teasing of other athletes. Any inappropriate behaviour by any athlete may result in the offending athlete being disqualified from the competition. Good sportsmanship and respect for other athletes and officials is to be displayed at all times.

Bins/Rubbish:

Please ensure that you dispose of all rubbish in the bins provided or take it home with you. Otherwise, we will be charged a cleaning fee. If areas are not being kept clean events may be held up during the carnival, we require all participants and families to keep the areas clean throughout the weekend.

Coaching

Athletes are allowed to receive factual feedback from a coach as long as the coach is not in the competition area, once the event competition has commenced.

Event Clashes:

If Athletes are called for 2 events simultaneously then the Athlete will go to the field event first and notify the Chief Official who will then call the Clash Managers to make sure the Athlete is included in the concurrent track event. Please leave your Athlete at the field event to allow the Clash Manager to access your child and perform their duties.

If parents remove an athlete from an event, instead of the clash team there will be no recourse if an athlete misses out on throws/jumps at the field event.

Medals/Certificates

Medals will be awarded to the first three (3) placegetters in each final. U8 Age group will be presented with Medals on the dais; however, all other medals will be handed to the athlete from the information area. The medal presentation for the U8 will not be conducted until 30 minutes has elapsed from the time the event results have been posted, either to live results web site or other means. This is to allow time for any protest to be lodged (refer to Protests). Medal collection for all other age groups are also required to wait the 30 minute protest time. Certificates will be awarded to all competitors who compete at region. These certificates show the results for all events competed in at the carnival.

Program

Please note that we use a fully timed program. The program lists a start time for each event. Track Athletes are to report to the marshalling room 20 minutes prior to the scheduled start time. Field marshalling will be direct 20 minutes prior to the event time, unless announced over the PAS. Due to clash management some Field events may be delayed. In extreme circumstances the carnival management may delay or hold the program.

Progression to NSW State Championships

The first two(2) placegetters from each Region in the under 9's to under 17's finals will automatically progress along with the eight fastest times or best performances from finals (with a clear result) over all Regions. The first placed team in all relays will also progress to the State Championships. If you qualify but are unable or unwilling to attend, please let the Information Officer know so that the next qualifier can take part in the State Championships

Protests:

1. Protests must be made by the team manager, in writing on the appropriate form to the information officer, within 30 minutes of competition or posting of the results, all protests must be accompanied by a deposit of \$50.00. This deposit will be refunded if the protest is upheld.
2. The deposit will be forfeited if the protest is considered to be frivolous.
3. The Referee appropriate referee will decide on the protest.
4. If the Referee makes a decision, there shall be a right of appeal to the jury, which must be made within 15 minutes after notification of the Referee's decision.

Qualifying Standard

Athletes must compete at and qualify for LANSW State Track & Field championships via an LANSW Region Track & Field Championship

1. Athletes who cannot complete their 1500m walk or 3000m run within these time limits, at regional carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships
2. Any athlete competing in High Jump, must clear the State starting height for their event to qualify for the State carnival regardless of finishing place at region. If any athlete does not meet this qualifying time/height, they will not progress to State regardless of finishing place.

Maximum qualifying time for 1500m walk events for all athletes are as follows:

- U12 11.00min
- U13 10.45min
- U14 10.30min
- U15 10.15min
- U17 10.00min

Maximum qualifying time for 3000m races for all athletes are as follows: -

- U13 13.30min
- U14 13.00min
- U15 12.30min
- U17 12.00min

Relays:

All Relay teams and entries must be submitted to the Information Officer prior to 12 noon on Sunday.

Safety:

Little Athletics NSW is committed to providing everyone here this weekend with a safe environment. Please let an official know if you see something that you think is unsafe.

Shade Tents Structures

Any Centre/Zone/person erecting a shade structure MUST ensure:

- NO PEGS ARE TO BE USED – Buried irrigation any damage will be the responsibility of the individual.
- That it is well secured on all corners and sufficiently weighted down against gusts of wind.
- Be kept well clear of designated walkways.
- Feature no protruding pegs. Guy ropes, etc, that poses a trip or fall hazard. In the interests of safety, any shade structure that does not conform to the above guidelines will have to be moved or taken down.

Spectators:

All children not competing and parents not assisting are to remain outside the area of competition. At the start of all track events, please remain quiet to allow the competitors a fair chance to hear the starter's instructions.

Sport Rage:

Sport rage is any violence, foul language, harassment, abuse or bad behaviour by athletes, coaches, officials or spectators. Any type of sport rage will not be tolerated by Little Athletics NSW and may result in offenders being issued with a formal warning. Repeated or serious breaches may result in an offender being asked to leave the venue. They may also be subject to further penalties, including a ban from future participation in the sport.

Starting Blocks:

Personal starting blocks are not permitted on the track. The only starting blocks supplied by the venue are allowed to be used.

Throwing Implements:

No Personal throwing implements will be allowed in competition as per LANSW ROC.

Team Managers:

ALL CENTRE MANAGERS ARE TO BE REGISTERED WITH INFORMATION NO LATER THAN 7.30am SATURDAY OF CHAMPIONSHIPS

Warm Up Area:

There is no Track warm up area available for this carnival.

Weather

In the case of very wet or hot weather, the carnival management will continuously monitor the conditions. In the case of lightning/thunderstorms, the LANSW Lightning Guidelines will be applied. In the case of very hot conditions, the LANSW Heat Policy will be referred to.

REGION 6 TRACK & FIELD CHAMPIONSHIPS
Narellan Sports Hub, Narellan - 18/02/2023 to 19/02/2023
Session Report

Session: 1 Saturday Track Events

Day 1 - Saturday 18/02/2023 - Starts at 08:00 AM

Starts at	Event	Round	Entries	Heats
8:00 AM	#1 Girls U 17 - 1500 Metre Run	Final	11	1
8:08 AM	#2 Boys U 17 - 1500 Metre Run	Final	11	1
8:16 AM	#3 Girls U 15 - 1500 Metre Run	Final	9	1
8:24 AM	#4 Boys U 15 - 1500 Metre Run	Final	10	1
8:32 AM	#5 Girls U 14 - 1500 Metre Run	Final	10	1
8:40 AM	#6 Boys U 14 - 1500 Metre Run	Final	8	1
8:48 AM	#7 Girls U 13 - 1500 Metre Run	Final	14	1
8:56 AM	#8 Boys U 13 - 1500 Metre Run	Final	16	1
9:04 AM	#9 Girls U 12 - 1500 Metre Run	Final	15	1
9:12 AM	#10 Boys U 12 - 1500 Metre Run	Final	15	1
9:20 AM	#11 Girls U 11 - 1500 Metre Run	Final	16	1
9:28 AM	#12 Boys U 11 - 1500 Metre Run	Final	16	1
9:46 AM	#13 Girls U 8 - 60 Metre Hurdles (45cm)	Heats	16	2
9:52 AM	#14 Boys U 8 - 60 Metre Hurdles (45cm)	Heats	17	2
9:58 AM	#15 Girls U 9 - 60 Metre Hurdles (45cm)	Heats	16	2
10:04 AM	#16 Boys U 9 - 60 Metre Hurdles (45cm)	Heats	16	2
10:15 AM	#17 Girls U 10 - 60 Metre Hurdles (60cm)	Heats	16	2
10:21 AM	#18 Boys U 10 - 60 Metre Hurdles (60cm)	Heats	16	2
10:47 AM	#19 Girls U 13 - 200 Metre Hurdles (68cm)	Final	11	2
10:51 AM	#20 Boys U 13 - 200 Metre Hurdles (68cm)	Final	16	2
10:55 AM	#21 Girls U 14 - 200 Metre Hurdles (76cm)	Final	8	1
10:59 AM	#22 Boys U 14 - 200 Metre Hurdles (76cm)	Final	7	1
11:03 AM	#23 Girls U 15 - 300 Metre Hurdles (76cm)	Final	3	1
11:05 AM	#24 Boys U 15 - 300 Metre Hurdles (76cm)	Final	6	1
11:07 AM	#25 Girls U 17 - 300 Metre Hurdles (76cm)	Final	6	1
11:09 AM	#26 Boys U 17 - 300 Metre Hurdles (76cm)	Final	9	2
11:23 AM	#27 Girls U 13 - 100 Metre Sprint	Heats	16	2
11:27 AM	#28 Boys U 13 - 100 Metre Sprint	Heats	16	2
11:31 AM	#29 Girls U 14 - 100 Metre Sprint	Heats	16	2
11:35 AM	#30 Boys U 14 - 100 Metre Sprint	Heats	17	2
11:39 AM	#31 Girls U 15 - 100 Metre Sprint	Heats	17	2
11:43 AM	#32 Boys U 15 - 100 Metre Sprint	Heats	19	3
11:49 AM	#33 Girls U 17 - 100 Metre Sprint	Heats	14	2
11:53 AM	#34 Boys U 17 - 100 Metre Sprint	Heats	16	2
11:57 AM	#35 Girls U 8 - 100 Metre Sprint	Heats	16	2
12:01 PM	#36 Boys U 8 - 100 Metre Sprint	Heats	16	2
12:05 PM	#37 Girls U 9 - 100 Metre Sprint	Heats	16	2
12:09 PM	#38 Boys U 9 - 100 Metre Sprint	Heats	16	2
12:13 PM	#39 Girls U 10 - 100 Metre Sprint	Heats	16	2
12:17 PM	#40 Boys U 10 - 100 Metre Sprint	Heats	16	2
12:21 PM	#41 Girls U 11 - 100 Metre Sprint	Heats	16	2
12:25 PM	#42 Boys U 11 - 100 Metre Sprint	Heats	16	2
12:29 PM	#43 Girls U 12 - 100 Metre Sprint	Heats	16	2
12:33 PM	#44 Boys U 12 - 100 Metre Sprint	Heats	16	2
1:07 PM	#45 Girls U 8 - 60 Metre Hurdles (45cm)	Final	0	1u
1:10 PM	#46 Boys U 8 - 60 Metre Hurdles (45cm)	Final	0	1u
1:13 PM	#47 Girls U 9 - 60 Metre Hurdles (45cm)	Final	0	1u

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Starts at	Event	Round	Entries	Heats
1:16 PM	#48 Boys U 9 - 60 Metre Hurdles (45cm)	Final	0	1u
1:19 PM	#49 Girls U 10 - 60 Metre Hurdles (60cm)	Final	0	1u
1:22 PM	#50 Boys U 10 - 60 Metre Hurdles (60cm)	Final	0	1u
1:35 PM	#51 Girls U 13 - 100 Metre Sprint	Final	0	1u
1:37 PM	#52 Boys U 13 - 100 Metre Sprint	Final	0	1u
1:39 PM	#53 Girls U 14 - 100 Metre Sprint	Final	0	1u
1:41 PM	#54 Boys U 14 - 100 Metre Sprint	Final	0	1u
1:43 PM	#55 Girls U 15 - 100 Metre Sprint	Final	0	1u
1:45 PM	#56 Boys U 15 - 100 Metre Sprint	Final	0	1u
1:47 PM	#57 Girls U 17 - 100 Metre Sprint	Final	0	1u
1:49 PM	#58 Boys U 17 - 100 Metre Sprint	Final	0	1u
1:51 PM	#59 Girls U 8 - 100 Metre Sprint	Final	0	1u
1:53 PM	#60 Boys U 8 - 100 Metre Sprint	Final	0	1u
1:55 PM	#61 Girls U 9 - 100 Metre Sprint	Final	0	1u
1:57 PM	#62 Boys U 9 - 100 Metre Sprint	Final	0	1u
1:59 PM	#63 Girls U 10 - 100 Metre Sprint	Final	0	1u
2:01 PM	#64 Boys U 10 - 100 Metre Sprint	Final	0	1u
2:03 PM	#65 Girls U 11 - 100 Metre Sprint	Final	0	1u
2:05 PM	#66 Boys U 11 - 100 Metre Sprint	Final	0	1u
2:07 PM	#67 Girls U 12 - 100 Metre Sprint	Final	0	1u
2:09 PM	#68 Boys U 12 - 100 Metre Sprint	Final	0	1u
2:11 PM	#69 Girls U 11-12 100 Metre Multi Class Run	Final	1	1
2:11 PM	#70 Boys U 11-12 100 Metre Multi Class Run	Final	1	1
2:11 PM	#71 Girls U 15-17 100 Metre Multi Class Run	Final	1	1
2:11 PM	#72 Boys U 15-17 100 Metre Multi Class Run	Final	3	1
2:23 PM	#73 Girls U 13 - 400 Metre Sprint	Final	16	2
2:29 PM	#74 Boys U 13 - 400 Metre Sprint	Final	15	2
2:35 PM	#75 Girls U 14 - 400 Metre Sprint	Final	14	2
2:41 PM	#76 Boys U 14 - 400 Metre Sprint	Final	14	2
2:47 PM	#77 Girls U 15 - 400 Metre Sprint	Final	13	2
2:53 PM	#78 Girls U 17 - 400 Metre Sprint	Final	9	2
2:59 PM	#79 Boys U 15 - 400 Metre Sprint	Final	11	2
3:05 PM	#80 Boys U 17 - 400 Metre Sprint	Final	15	2
3:11 PM	#81 Girls U 8 - 400 Metre Run Pack Start	Final	16	1
3:17 PM	#82 Boys U 8 - 400 Metre Run Pack Start	Final	16	1
3:23 PM	#83 Girls U 9 - 400 Metre Sprint	Final	16	2
3:29 PM	#84 Boys U 9 - 400 Metre Sprint	Final	16	2
3:35 PM	#85 Girls U 10 - 400 Metre Sprint	Final	16	2
3:41 PM	#86 Boys U 10 - 400 Metre Sprint	Final	16	2
3:47 PM	#87 Girls U 11 - 400 Metre Sprint	Final	16	2
3:53 PM	#88 Boys U 11 - 400 Metre Sprint	Final	16	2
3:59 PM	#89 Girls U 12 - 400 Metre Sprint	Final	15	2
4:05 PM	#90 Boys U 12 - 400 Metre Sprint	Final	16	2
4:21 PM	#91 Girls U 13 - 3000 Metre Run	Final	11	1
4:21 PM	#92 Boys U 13 - 3000 Metre Run	Final	8	1
4:36 PM	#93 Girls U 14 - 3000 Metre Run	Final	3	1
4:36 PM	#94 Boys U 14 - 3000 Metre Run	Final	6	1

REGION 6 TRACK & FIELD CHAMPIONSHIPS
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Session Report

Session: 1 Saturday Track Events
 Day 1 - Saturday 18/02/2023 - Starts at 08:00 AM

Starts at	Event	Round	Entries	Heats
4:51 PM	#95 Girls U 15 - 3000 Metre Run	Final	4	1
4:51 PM	#96 Boys U 15 - 3000 Metre Run	Final	7	1
5:06 PM	#97 Girls U 17 - 3000 Metre Run	Final	11	1
5:06 PM	#98 Boys U 17 - 3000 Metre Run	Final	10	1
	Athlete Count: 687		=====	=====
	Entry / Heat Totals:		937	142

REGION 6 TRACK & FIELD CHAMPIONSHIPS
Narellan Sports Hub, Narellan - 18/02/2023 to 19/02/2023
Meet Program - Saturday Track Events

Event 1 Girls U 17 - 1500 Metre Run (11)**Saturday 18/02/2023 - 8:00 AM****Region: 5:02.50 16/02/2013 Sarah Marvin****State: 4:29.51 24/03/2018 Imogen Gardner**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	8742 Samantha Torrens		Winston Hills	6:19.61
2	2010 Sophie Schultz		Hills District	5:15.45
3	2157 Amelia Mayes		Hills District	5:51.85
4	2123 Rojin Carimi		Hills District	7:05.25
5	1791 Ella Munroe		Hills District	5:25.60
6	37721 Kirra Gibson		Blacktown	6:57.08
7	1764 Olivia Bloem		Hills District	5:25.00
8	2153 Lucie Francis		Hills District	5:06.74
9	20730 Chelsea Boyes		Riverstone	6:02.13
10	36485 Sophie Boyes		Emu Plains	5:51.19
11	26759 Caitlyn Griggs		Cranebrook	7:02.77

Event 2 Boys U 17 - 1500 Metre Run (11)**Saturday 18/02/2023 - 8:08 AM****Region: 4:16.22 17/02/2018 Luca Manente****State: 3:59.64 2/02/2019 Angus Beer**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	14590 Will Haydon		Emu Plains	5:21.56
2	8824 Aidan Pospischil		Winston Hills	5:59.31
3	37824 Riley Christie		Winston Hills	5:00.01
4	8333 Aaron Gupta		The Ponds	5:37.42
5	33847 Rocco Bingley		Hills District	4:45.70
6	35307 Bailey Murray		Minchinbury	6:15.74
7	2040 Samuel Waring		Hills District	4:29.56
8	23400 Oscar Waring		Tallawong Park	5:09.44
9	19631 Neelesh Dey		Prospect	5:14.58
10	2394 Syed Saad Mahmud		Hills District	4:51.77
11	19852 Isaac Beacroft		Quakers Hill	NT

Event 3 Girls U 15 - 1500 Metre Run (9)**Saturday 18/02/2023 - 8:16 AM****Region: 4:52.29 21/02/2015 Ali Thomson****State: 4:30.10 19/03/2016 Emily Schneider**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	2103 Alisar Adasi		Hills District	6:29.70
2	8837 Holly Gersbach		Winston Hills	5:21.47
3	8577 Andra Vintila		The Ponds	6:12.00
4	21611 Akshaya Thilak		Rouse Hill	6:34.19
5	19717 Matilda Olson		Quakers Hill	6:42.67
6	9562 Jessica Dhaliwal		Colyton St Clair	8:04.75
7	14618 Mabel Dukes		Emu Plains	5:23.99
8	2224 Aoife Murdock		Hills District	5:31.55
9	25562 Kiara Pagnamenta		Penrith	6:44.45

Event 4 Boys U 15 - 1500 Metre Run (10)**Saturday 18/02/2023 - 8:24 AM****Region: 4:21.55 9/02/2019 Andrew Laycock****State: 4:03.70 15/03/2008 James Connor**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	8452 Jad Nasser		The Ponds	5:50.58
2	19922 Lucas Wise		Quakers Hill	5:41.89
3	16180 Jake Astill		Hawkesbury City	4:51.75
4	9431 Bayley White		Colyton St Clair	5:33.09
5	21742 Matthew Cook		Rouse Hill	5:10.60
6	16225 Maverick Blunden		Hawkesbury City	7:09.89
7	2090 Oliver Golding		Hills District	4:57.37
8	21745 Calem Fyfe		Rouse Hill	5:10.62
9	8744 Henry Andrews		Winston Hills	5:11.59
10	21649 Thomas Spencer		Rouse Hill	5:31.15

Event 5 Girls U 14 - 1500 Metre Run (10)**Saturday 18/02/2023 - 8:32 AM****Region: 4:46.80 15/02/2014 Leena Yang****State: 4:33.92 24/03/2018 Sarah Schiffmann**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	8866 Matilda Webb		Winston Hills	5:24.06
2	1614 Lilith Dartnell		Lethbridge Park	6:50.55
3	19739 Charlotte Blyth		Quakers Hill	6:18.63
4	14595 Tia Bachtis		Emu Plains	5:56.99
5	35356 Ayla Kandemir		Emu Plains	6:09.55
6	2041 Alexandra Waring		Hills District	6:36.74
7	19856 Kristin van Eck		Quakers Hill	6:25.98
8	40862 Lillyava Brenner		Werrington	7:20.99
9	16197 Lilliana Daly		Hawkesbury City	6:06.48
10	30489 Molly Mills		The Ponds	5:43.34

Event 6 Boys U 14 - 1500 Metre Run (8)**Saturday 18/02/2023 - 8:40 AM****Region: 4:19.20 18/02/2017 Joshua Atkinson****State: 4:11.93 22/03/2014 Harrison Wade**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	1600 Jamie Chestnut		Lethbridge Park	6:51.45
2	37935 Damon Townsend		Rouse Hill	5:36.90
3	24639 Kai Roman		Werrington	5:45.69
4	1921 Vincent Contini		Hills District	6:49.26
5	1809 Cameron Bloem		Hills District	5:02.63
6	2144 Matthew Timbs		Hills District	7:24.75
7	25512 Jai Thornton		Penrith	5:23.88
8	34620 Brayden Doran		Quakers Hill	4:55.91

REGION 6 TRACK & FIELD CHAMPIONSHIPS
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Meet Program - Saturday Track Events

Event 7 Girls U 13 - 1500 Metre Run (14)**Saturday 18/02/2023 - 8:48 AM****Region: 4:49.82 21/02/2015 Niamh Sanday****State: 4:33.78 24/03/2018 Imogen Stewart**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	1744 Zoe Hobart		Hills District	6:17.45
2	24568 Hannah Loxley		Werrington	5:40.22
3	8258 Eva Bryant		The Ponds	5:57.85
4	41194 Ella Coutts		Nepean	7:18.81
5	19742 Emma Hoskins		Quakers Hill	6:09.70
6	8868 Lyla Reading		Winston Hills	5:28.58
7	19901 Bronte Parkin		Quakers Hill	6:04.53
8	16120 Tabitha Broughton		Hawkesbury City	6:02.34
9	1813 Charlotte Scott-Rogers		Hills District	5:25.91
10	21615 Annabelle Vella		Rouse Hill	5:30.25
11	8853 Amber Haywood		Winston Hills	5:48.52
12	20659 Sophie McCulla		Riverstone	6:15.28
13	2091 Lily Golding		Hills District	5:54.34
14	11432 Khloe Mitchell		Minchinbury	6:09.91

Event 8 Boys U 13 - 1500 Metre Run (16)**Saturday 18/02/2023 - 8:56 AM****Region: 4:28.25 8/02/2020 Will Haydon****State: 4:21.30 18/03/2006 James Connor**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	16198 Tristan Daly		Hawkesbury City	5:36.10
2	8782 Connor Carter		Winston Hills	6:13.61
3	24574 Owen Levy		Werrington	5:33.75
4	19527 Hunter Puapua		Prospect	5:57.30
5	34578 Lachlan Lane		Nepean	5:50.11
6	2271 Thomas Harkin		Hills District	6:21.25
7	21692 Oscar Turnbull		Rouse Hill	5:04.14
8	2404 Keir Mercer		Hills District	5:25.18
9	23355 Dylan Borg		Tallawong Park	6:43.45
10	9533 Michael Zappala		Colyton St Clair	5:30.94
11	11369 Chinedu Eze		Minchinbury	5:39.66
12	12393 Sehaj Bajwa		Blacktown	5:09.77
13	24605 Connor Bale		Werrington	6:11.17
14	14628 Ellis Haydon		Emu Plains	5:01.40
15	34605 Evan Francis		Nepean	5:48.04
16	14057 Harley Pittman		Doonside	6:20.09

Event 9 Girls U 12 - 1500 Metre Run (15)**Saturday 18/02/2023 - 9:04 AM****Region: 5:02.70 15/02/2014 Danielle Drinnan****State: 4:34.47 22/03/2014 Abbey Rockliff**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	1862 Eva McKenzie		Hills District	5:48.17
2	14089 Leah McSweeney		Doonside	6:58.93
3	9512 Georgia Watson		Colyton St Clair	6:37.42
4	31978 Zahra Calder		Riverstone	5:33.44
5	8711 Matilda Grant		Winston Hills	6:09.98
6	2212 Zoe McGrath		Hills District	6:09.96
7	21599 Hannah Baker		Rouse Hill	5:54.46
8	14591 Violet Baker		Emu Plains	6:33.18
9	24606 Phoebe Morris		Werrington	5:47.58
10	1688 Lydia Kaena		Lethbridge Park	8:59.88
11	2348 Maya Wettimuny		Hills District	5:39.51
12	14592 Tylah Connaughton		Emu Plains	7:02.62
13	1887 Lucy Sherwood		Hills District	5:34.88
14	21602 Ella Caines		Rouse Hill	5:36.03
15	33965 Jasmine Metcalfe		Doonside	7:13.69

Event 10 Boys U 12 - 1500 Metre Run (15)**Saturday 18/02/2023 - 9:12 AM****Region: 4:51.57 8/02/2019 Will Haydon****State: 4:27.20 19/03/1983 Peter Stellino**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	33899 Xavier Zahra		Hills District	5:01.40
2	34621 Brock Doran		Quakers Hill	5:55.63
3	14644 Austin Fuz		Emu Plains	5:26.35
4	19059 Noah Vella		Nepean	6:04.54
5	1768 Nishad Pandit		Hills District	5:43.86
6	17039 Brian Jack		Kings Langley	5:26.88
7	2120 Beau Adams		Hills District	4:51.14
8	9002 Luke Hoddinett		Winston Hills	5:00.03
9	2030 Noah Falzon		Hills District	5:38.19
10	31497 Aviel Fernando		Quakers Hill	5:36.58
11	2300 Lachlan Dorahy		Hills District	4:48.84
12	13988 Hayden straub		Doonside	5:19.53
13	8762 Ned Francis		Winston Hills	5:25.76
14	23401 Darcy Waring		Tallawong Park	5:28.69
15	19158 Aiden Lawn		Nepean	7:21.25

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Event 11 Girls U 11 - 1500 Metre Run (16)**Saturday 18/02/2023 - 9:20 AM****Region: 5:18.20 16/02/2013 Danielle Drinnan****State: 4:44.07 19/03/2016 Imogen Stewart**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	1867 Martina Hams Garriga		Hills District	6:00.32
2	2186 Emma Ostler		Hills District	6:02.40
3	16182 Tahlia Chapman		Hawkesbury City	5:57.09
4	25622 Amelia Beazley		Penrith	5:58.08
5	24612 Charlotte Morris		Werrington	5:37.18
6	2199 Georgia Gillogy		Hills District	6:12.42
7	2272 Chloe Harkin		Hills District	6:11.46
8	11433 Tahleah Mitchell		Minchinbury	7:06.52
9	14080 Rubie Dauw		Doonside	6:55.31
10	1942 Holly Chesterman		Hills District	6:16.69
11	20772 Bella Chapman		Riverstone	6:22.49
12	1819 Savannah Prime		Hills District	6:03.94
13	14615 Madison Easterbrook		Emu Plains	5:36.08
14	23424 Eden Hampton-Lander		Tallawong Park	6:52.77
15	8438 Peyton Morgan		The Ponds	5:37.81
16	25543 Matilda-holly Marks		Penrith	5:57.89

Event 12 Boys U 11 - 1500 Metre Run (16)**Saturday 18/02/2023 - 9:28 AM****Region: 4:51.79 16/02/2018 Will Haydon****State: 4:36.90 17/03/1984 Richard McCarthy**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	12584 Ngong Deng		Blacktown	5:50.31
2	31498 Yavniel Fernando		Quakers Hill	5:38.56
3	17019 Michael Giffney		Kings Langley	5:43.84
4	35848 Kobi Olds		Colyton St Clair	5:57.05
5	32393 Harley Van Middeldyk		Rouse Hill	6:19.88
6	8934 Bernie Irvine		Winston Hills	5:16.64
7	8425 Callum McMillian		The Ponds	5:49.18
8	25553 Lucas Mcpherson		Penrith	5:57.65
9	2082 Carter Bergan		Hills District	5:38.26
10	14008 Jacob Mammolniti		Doonside	6:48.80
11	35337 Charlie Davis		Emu Plains	6:15.44
12	14610 Peter Bachtis		Emu Plains	5:32.71
13	2403 Ruari Mercer		Hills District	5:05.13
14	19855 Liam van Eck		Quakers Hill	5:49.22
15	24582 Lachlan Adams-bennet		Werrington	5:45.64
16	1711 Curtis Wan		Hills District	5:52.80

Event 13 Girls U 8 - 60 Metre Hurdles (45cm) (16)**Saturday 18/02/2023 - 9:46 AM****Region: 11.60 15/02/2014 Talahn Paki****State: 10.92 30/01/2016 Tammin Lampret**

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	8794 Charlotte Arkins		Winston Hills	12.42
2	16075 Tahlia Hunt		Hawkesbury City	13.63
3	35338 Lillian Davis		Emu Plains	13.54
4	14609 Mia Egglestone		Emu Plains	13.87
5	19720 Blake O'Donohue		Quakers Hill	13.36
6	21543 Natalia Casado		Rouse Hill	13.18
7	25548 Maddison Carter		Penrith	13.99
8	12523 Isalia Savea		Blacktown	14.21
Heat 2 of 2 Heats				
1	14003 Bella Mammoliti		Doonside	13.39
2	11494 Chloe Lobo		Minchinbury	13.54
3	36366 Isabella Miller		Hills District	13.69
4	8679 Evie Games		Winston Hills	13.14
5	2032 Breanna Foley		Hills District	13.85
6	32341 Olive Phelan		Rouse Hill	13.99
7	16601 Olivia Hayek		Emu Plains	14.05
8	21607 Emily Cook		Rouse Hill	12.76

Event 14 Boys U 8 - 60 Metre Hurdles (45cm) (17)**Saturday 18/02/2023 - 9:52 AM****Region: 10.81 20/02/2016 Rhys Webster****State: 10.63 15/02/2014 Jesse Ingleton**

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	1798 Joshua West		Hills District	11.57
2	25427 Maximus Auva'a		Penrith	13.32
3	2179 Kai Cassar		Hills District	12.93
4	23352 Felix Gartshore		Tallawong Park	12.55
5	8420 Alexander Matic		The Ponds	13.26
6	14637 Benjamin Moc		Emu Plains	12.72
7	1929 Jackson Newlove		Hills District	12.95
8	9435 Nixon Bell		Colyton St Clair	12.62
9	13960 Thomas Veikoso		Doonside	12.38
Heat 2 of 2 Heats				
2	33958 Meth Agampodi DE Zc		Doonside	13.11
3	26758 Riley Hawkings		Cranebrook	12.56
4	14655 Henry Cairns		Emu Plains	12.75
5	2141 Charlie Vasallo		Hills District	12.24
6	21724 Ethan Williams		Rouse Hill	12.80
7	8436 Cohen Millard		The Ponds	12.60
8	9547 Lucas Borg		Colyton St Clair	13.09
9	21478 Orlando Borg		Rouse Hill	12.21

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Event 15 Girls U 9 - 60 Metre Hurdles (45cm) (16)**Saturday 18/02/2023 - 9:58 AM**

Region: 10.62 18/02/2017 Awien Lual
State: 9.84 21/02/2009 Chyna Tavai-Williams

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	25557 Liana Alderson		Penrith	13.22
2	11403 Harlow Pinto		Minchinbury	12.36
3	8601 Swara Ahir		The Ponds	13.66
4	37974 Diandra Anya Premach		Rouse Hill	12.07
5	21582 Airlie Perkins		Rouse Hill	12.54
6	1750 Lara Batey		Hills District	12.55
7	2246 Pippa Horsey		Hills District	12.89
8	25374 Isabella Bateman		Penrith	12.97
Heat 2 of 2 Heats				
1	2160 Sophie Connellan		Hills District	12.38
2	26750 Emily Sztelma		Cranebrook	13.76
3	9003 Sophie Hoddinett		Winston Hills	12.84
4	19645 Grace Mow		Prospect	12.52
5	20833 Avalon McLachlan		Riverstone	12.68
6	8354 Aubrey Howell		The Ponds	13.04
7	25610 Lennie Nix		Penrith	13.05
8	11326 Aleksa Kesten		Minchinbury	11.85

Event 16 Boys U 9 - 60 Metre Hurdles (45cm) (16)**Saturday 18/02/2023 - 10:04 AM**

Region: 10.20 16/02/2013 Abiatar Peter
State: 9.54 21/02/1999 Joshua Mulligan
State: 9.54 21/03/2009 Rory Barkley

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	30493 Lincoln Odede		The Ponds	12.31
2	26734 Levi Brothers		Cranebrook	12.29
3	2172 Liam Hayden		Hills District	11.44
4	19077 Harrison Forth		Nepean	11.19
5	8249 Jackson Brown		The Ponds	11.21
6	29718 Riley-j Frendo		Penrith	11.75
7	41092 Tyreece Stanley		Lethbridge Park	11.98
8	41704 Mason Mercia		Emu Plains	11.54
Heat 2 of 2 Heats				
1	9576 Axel Speeding		Colyton St Clair	12.06
2	33824 Finley Power		Hills District	11.40
3	33503 Harrison Duff		Winston Hills	11.63
4	8986 Hugo Brown		Winston Hills	10.82
5	20685 Carter Brincat		Riverstone	11.71
6	8908 Oliver Colless		Winston Hills	11.28
7	12400 Emilio Osborne		Blacktown	12.48
8	9417 Kalel Rumble		Colyton St Clair	12.08

Event 17 Girls U 10 - 60 Metre Hurdles (60cm) (16)**Saturday 18/02/2023 - 10:15 AM**

Region: 10.40 15/02/2014 Kirralee Death
State: 9.78 24/03/2018 Tammin Lampret

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	2180 Maisie Brown		Hills District	12.97
2	17077 Annabelle R Price		Kings Langley	12.76
3	24638 Laci Roman		Werrington	12.74
4	19531 Haven Puapua		Prospect	12.17
5	19597 Faith Jones		Prospect	13.11
6	8259 Maya Bryant		The Ponds	12.92
7	32404 Eloise Connors		Rouse Hill	13.05
8	14652 Jenna Haydon		Emu Plains	14.54
Heat 2 of 2 Heats				
1	11493 Bella Lobo		Minchinbury	12.97
2	14658 Harper Egglestone		Emu Plains	12.81
3	1865 Mackenzie Goodsir		Hills District	13.49
4	25493 Alanna Thornton		Penrith	12.33
5	16113 Holly Laidler		Hawkesbury City	13.00
6	8791 Livia Muccino		Winston Hills	12.32
7	37808 elena Gogos		Winston Hills	12.89
8	19891 Zahlia Ciftci		Quakers Hill	13.30

Event 18 Boys U 10 - 60 Metre Hurdles (60cm) (16)**Saturday 18/02/2023 - 10:21 AM**

Region: 10.40 15/02/2014 Jake Baptiste
State: 9.74 16/03/2002 Sean Potter

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	8811 Isaac Jorgensen		Winston Hills	12.46
2	21627 Lucas Eustace		Rouse Hill	11.86
3	19638 Ben Spadaro		Prospect	11.24
4	21553 Korbin Bruckard		Rouse Hill	11.97
5	25621 Koen Beale		Penrith	12.15
6	14710 Jett Ward		Emu Plains	12.41
7	8924 Harvey Irvine		Winston Hills	12.67
8	36354 Nathan Legaspi		Hills District	12.80
Heat 2 of 2 Heats				
1	14669 Levi Holden		Emu Plains	12.16
2	25501 Ranuka Koswattage		Penrith	11.90
3	14001 Noah Jackson		Doonside	12.54
4	33963 Sammy Bagaric		Doonside	13.25
5	11371 Ifeanyi Eze		Minchinbury	12.55
6	25463 Methuja Amarasena		Penrith	12.32
7	21592 Jarlath Jarrett		Rouse Hill	11.90
8	21608 Chase Mattiazzo		Rouse Hill	10.67

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Event 19 Girls U 13 - 200 Metre Hurdles (68cm) (11)**Saturday 18/02/2023 - 10:47 AM**

Region: 29.67 19/02/2016 Caitlin Preston
State: 27.56 24/03/2018 Chantelle Barnard

Lane	Name	Age	Centre	Seed Time
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Section 1 of 2 Final

3	17029 Aristeia Papadopoulos		Kings Langley	38.26
4	32445 Molly Nvene		Rouse Hill	39.14
5	16120 Tabitha Broughton		Hawkesbury City	36.62
6	11432 Khloe Mitchell		Minchinbury	37.63
7	13991 Stella-rose Deluca		Doonside	47.37

Section 2 of 2 Final

2	16095 Tamara Davies		Hawkesbury City	32.97
3	14035 Savannah Hill		Doonside	33.88
4	1962 Summer Paki		Hills District	33.99
5	36379 Emily Mitchell		Hills District	38.03
6	19921 Caitlyn Wise		Quakers Hill	34.84
7	9013 KatherinE Furno		Winston Hills	35.33

Event 20 Boys U 13 - 200 Metre Hurdles (68cm) (16)**Saturday 18/02/2023 - 10:51 AM**

Region: 26.80 15/02/2014 Shane Munaweera
State: 26.21 19/03/2011 Jarrod Cullen

Lane	Name	Age	Centre	Seed Time
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Section 1 of 2 Final

1	9575 Diesel Speeding		Colyton St Clair	37.63
2	19530 Scott Toole		Prospect	35.69
3	24574 Owen Levy		Werrington	37.76
4	1778 Sidney Bodi		Hills District	34.90
5	1976 Max Miller		Hills District	35.59
6	2164 Oscar Harding		Hills District	34.69
7	25558 Brayden Kelly		Penrith	35.76
8	35516 Onel Patabendige		Quakers Hill	38.74

Section 2 of 2 Final

1	8795 Charlie Andrews		Winston Hills	31.31
2	14718 Liam Mcsweeney		Emu Plains	32.75
3	13981 Eli Ma'u		Doonside	33.70
4	32612 Noah Kemp		Hawkesbury City	29.23
5	8672 Lachlan Thomas		Winston Hills	32.43
6	8453 Adam Nasser		The Ponds	30.94
7	2245 Max Horsey		Hills District	31.81
8	11369 Chinedu Eze		Minchinbury	33.21

Event 21 Girls U 14 - 200 Metre Hurdles (76cm) (8)**Saturday 18/02/2023 - 10:55 AM**

Region: 29.09 17/02/2017 Kaiya Buchanan
State: 27.04 18/03/2006 Carly Rodger

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

1	1836 Elanur Kadayifci		Hills District	32.17
2	8801 Caitlyn Martin		Winston Hills	31.22
3	2097 Eva Everson		Hills District	35.22
4	1981 Angelina Burford		Hills District	29.15
5	34820 Grace Kalina		Hills District	35.32
6	1879 Gabriela Ribeiro		Hills District	31.25
7	16197 Lilliana Daly		Hawkesbury City	36.38
8	25600 Charlotte Bradshaw		Penrith	32.00

Event 22 Boys U 14 - 200 Metre Hurdles (76cm) (7)**Saturday 18/02/2023 - 10:59 AM**

Region: 26.76 16/02/2013 Alexander Thompson
State: 24.64 15/03/2008 Nicholas Hough

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

1	2265 Keegan Free		Hills District	31.67
3	1797 Julian Freeland		Hills District	32.10
4	17211 Ruhan Kalal		Kings Langley	32.64
5	19628 Darius Pratt		Prospect	33.70
6	14702 Kael Brown		Emu Plains	31.54
7	19617 Alex Spadaro		Prospect	27.90
8	8237 Koby Bell		The Ponds	31.46

Event 23 Girls U 15 - 300 Metre Hurdles (76cm) (3)**Saturday 18/02/2023 - 11:03 AM**

Region: 46.65 17/02/2017 Danielle Drinnan
State: 44.10 24/03/2018 Isabella Guthrie

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

2	21540 Jessica White		Rouse Hill	1:02.80
3	32366 Marlee Deane		Rouse Hill	53.37
5	2139 Tanisha Kumar		Hills District	53.75

Event 24 Boys U 15 - 300 Metre Hurdles (76cm) (6)**Saturday 18/02/2023 - 11:05 AM**

Region: 42.96 16/02/2018 Rhys Walker
State: 38.92 18/03/2017 Thomas Hunt

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

1	21732 Alexander Powell		Rouse Hill	49.40
3	1977 Cillian Miller		Hills District	51.63
4	8452 Jad Nasser		The Ponds	51.56
6	8744 Henry Andrews		Winston Hills	48.46
7	16111 Tory Emme		Hawkesbury City	57.78
8	2248 Luke Williams		Hills District	49.98

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Event 25 Girls U 17 - 300 Metre Hurdles (76cm) (6)**Saturday 18/02/2023 - 11:07 AM**

Region: 45.85 16/02/2018 **Sundance Fuller**
State: 42.35 16/03/2019 **Tiahna Skelton**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	1963 Talahn Paki		Hills District	48.61
3	2236 Avalene Tandog		Hills District	46.26
4	25524 Sophie Mcpherson		Penrith	54.45
5	32337 Emily Nolan		Rouse Hill	58.76
6	14600 Savannah Carter		Emu Plains	1:04.45
8	2153 Lucie Francis		Hills District	52.71

Event 26 Boys U 17 - 300 Metre Hurdles (76cm) (9)**Saturday 18/02/2023 - 11:09 AM**

Region: 40.20 18/02/2022 **Mitchell Bradley**
State: 37.14 18/03/2017 **Sebastien Moir**

Lane	Name	Age	Centre	Seed Time
Section 1 of 2 Final				
3	14590 Will Haydon		Emu Plains	52.15
4	23348 Lachlan Findlay		Tallawong Park	48.39
5	1874 Liam Roche		Hills District	41.65
6	16100 Cameron Davies		Hawkesbury City	43.39
7	16161 Conor McNeill		Hawkesbury City	47.59
Section 2 of 2 Final				
2	23365 Alexander Ayre		Tallawong Park	43.31
3	19570 Mitchell Bradley		Prospect	42.66
4	8915 Lucas Scerri		Winston Hills	44.15
5	2306 Parker Bohman		Hills District	45.13

Event 27 Girls U 13 - 100 Metre Sprint (16)**Saturday 18/02/2023 - 11:23 AM**

Region: 12.88 9/02/2019 **Tuliana Kabuyawa**
State: 12.34 15/03/1986 **Jo-anne Swan**
State: 12.34 7/03/1987 **Rebecca Vormister**
State: 12.34 17/03/1996 **Haylee Mathieson**
State: 12.34 19/02/2005 **Laura Turner**

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	2161 Ruby Kernaghan		Hills District	13.50
2	26730 Chelsea Attwill		Cranebrook	15.21
3	14049 Isabella Delany		Doonside	14.71
4	1757 Olivia Scott-Rogers		Hills District	13.66
5	35539 Elise Fan		Quakers Hill	14.86
6	33953 Amelia Farag		Doonside	14.35
7	19753 Matilda Oxley		Quakers Hill	14.71
8	2268 Ishanvi Tiwari		Hills District	14.45

Heat 2 of 2 Heats

1	36379 Emily Mitchell		Hills District	14.58
2	8822 Amelia Johnston		Winston Hills	14.76
3	9555 Alexis South		Colyton St Clair	15.39
4	35324 Lilly Brown		Emu Plains	14.26
5	30641 Delilah Heterick		Cranebrook	14.48
6	1827 Beyza Sevdimbass		Hills District	13.10
7	21501 Kaylee Provenzale		Rouse Hill	14.84
8	20755 Amira Danine		Riverstone	14.23

Event 28 Boys U 13 - 100 Metre Sprint (16)**Saturday 18/02/2023 - 11:27 AM**

Region: 11.70 15/02/2014 **Shane Munaweera**
State: 11.72 22/03/2014 **James Roach**

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	1784 Lachlan Albert		Hills District	14.18
2	2245 Max Horsey		Hills District	13.56
3	37411 Payton Tuifelasai		Doonside	13.94
4	25558 Brayden Kelly		Penrith	15.23
5	1755 Mekaheel Khan		Hills District	13.17
6	32612 Noah Kemp		Hawkesbury City	13.03
7	23380 Thomas Clarke		Tallawong Park	14.51
8	35353 Jaxson Willmington		Emu Plains	14.83

Heat 2 of 2 Heats

1	19661 Maxx Patel		Prospect	15.18
2	8672 Lachlan Thomas		Winston Hills	13.70
3	34818 Jet Heah		Hills District	13.16
4	24730 Jack Woodgate		Werrington	15.14
5	19810 Kori Torrisheba		Quakers Hill	14.45
6	8453 Adam Nasser		The Ponds	13.58
7	14718 Liam Mcsweeney		Emu Plains	14.30
8	21616 Alexander Benforte		Rouse Hill	13.10

Event 29 Girls U 14 - 100 Metre Sprint (16)**Saturday 18/02/2023 - 11:31 AM**

Region: 12.63 17/02/2018 **Jessica Laurance**
State: 12.14 23/03/1991 **Shelley Peattie**

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	8279 Amy Christie		The Ponds	14.36
2	23425 Amber Reveley		Tallawong Park	13.78
3	25379 Mia Brown		Penrith	15.82
4	19575 Tisha Bernil		Prospect	14.93
5	8967 Skye Bollinger		Winston Hills	14.80
6	1879 Gabriela Ribeiro		Hills District	13.86
7	19131 Taylah Conway		Nepean	14.28
8	1981 Angelina Burford		Hills District	13.16

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Heat 2 of 2 Heats...(Event 29 Girls U 14 - 100 Metre Sprint (16))

1	1870 Jordyn Deen	Hills District	13.95	_____
2	35356 Ayla Kandemir	Emu Plains	15.20	_____
3	19557 Vera Boafo	Prospect	14.51	_____
4	34820 Grace Kalina	Hills District	15.07	_____
5	21682 Flynn Cowper	Rouse Hill	13.75	_____
6	25600 Charlotte Bradshaw	Penrith	13.72	_____
7	38877 Kasey Wallace	Quakers Hill	14.63	_____
8	2275 Sophie Saxon	Hills District	14.24	_____

Event 30 Boys U 14 - 100 Metre Sprint (17)

Saturday 18/02/2023 - 11:35 AM

Region: 11.50 15/02/2014 Walther Wegmann

State: 11.34 17/03/1996 Matthew Manns

State: 11.34 15/03/2008 Nicholas Hough

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	8237 Koby Bell	The Ponds	13.91	_____
2	8875 Elliot Fletcher	Winston Hills	12.45	_____
3	34620 Brayden Doran	Quakers Hill	13.65	_____
4	40875 Epeosi Ugbohmeh	Werrington	12.13	_____
5	35339 Brodie Williams	Emu Plains	12.86	_____
6	24561 Elias Mcgaughey	Werrington	13.39	_____
7	8775 Dean Grant	Winston Hills	13.48	_____
8	2215 Aarush Anandh	Hills District	13.16	_____

Heat 2 of 2 Heats

1	26785 Dylan Taylor-rogers	Cranebrook	13.60	_____
2	1782 Jack Proudford	Hills District	11.94	_____
3	24617 Xavier Piper	Werrington	13.31	_____
4	19617 Alex Spadaro	Prospect	12.58	_____
5	1797 Julian Freelandier	Hills District	13.51	_____
6	2283 Marcus Catford	Hills District	12.52	_____
7	19858 Ethan Aguasa	Quakers Hill	NT	_____
8	17211 Ruhan Kalal	Kings Langley	13.17	_____
9	19628 Darius Pratt	Prospect	14.15	_____

Event 31 Girls U 15 - 100 Metre Sprint (17)

Saturday 18/02/2023 - 11:39 AM

Region: 12.54 17/02/2018 Gabrielle Bingham

State: 12.04 21/03/1992 Sonia Willis

State: 12.04 20/03/1999 Preya Carey

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	11504 Summer Reynolds	Minchinbury	14.58	_____
2	1989 Charlotte Mear	Hills District	14.81	_____
3	14500 Ainsley Giampietro	Emu Plains	13.78	_____
4	8793 Lily Johnston	Winston Hills	13.95	_____
5	1911 Mikayla Muscat	Hills District	13.37	_____
6	25562 Kiara Pagnamenta	Penrith	14.10	_____
7	14034 Makayla Norford	Doonside	16.21	_____
8	9593 Sophia Lees	Colyton St Clair	14.18	_____
9	2139 Tanisha Kumar	Hills District	14.33	_____

Heat 2 of 2 Heats

1	21611 Akshaya Thilak	Rouse Hill	15.16	_____
2	8577 Andra Vintila	The Ponds	14.93	_____
3	33493 Siena Overton	Winston Hills	14.09	_____
4	9546 Adriana Borg	Colyton St Clair	13.40	_____
5	24618 Lilli Kandel	Werrington	13.98	_____
6	21600 Lily Caines	Rouse Hill	13.40	_____
7	13965 Evelyn Kuwendu	Doonside	14.46	_____
8	30557 Mya Scott	The Ponds	14.28	_____

Event 32 Boys U 15 - 100 Metre Sprint (19)

Saturday 18/02/2023 - 11:43 AM

Region: 11.50 15/02/2014 Jarod Rockall

State: 10.84 21/03/2009 Nicholas Hough

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 3 Heats

1	41177 Hussain Akram	Nepean	15.41	_____
2	25502 Sanuka Koswattage	Penrith	13.21	_____
3	1804 Cooper Thorpe	Hills District	12.41	_____
4	1908 Taylan Weissel	Hills District	11.85	_____
5	25550 Luke Alderson	Penrith	12.37	_____
6	8971 Yulin Li	Winston Hills	13.21	_____
7	9407 Jacob Watts	Colyton St Clair	15.86	_____

Heat 2 of 3 Heats

1	8211 Aneeq Aleem	The Ponds	13.34	_____
2	21745 Calem Fyfe	Rouse Hill	12.89	_____
3	24729 Ethan Hadfield	Werrington	11.96	_____
4	19582 Derrick Acellam Oyoo	Prospect	13.13	_____
5	8848 Declan Abela	Winston Hills	12.33	_____
6	19140 Nikhil Jowaheer	Nepean	14.15	_____

Heat 3 of 3 Heats

2	19811 Rhyu Torrisheba	Quakers Hill	13.60	_____
3	2071 Nitesh Raj Vaidyam	Hills District	12.19	_____
4	21742 Matthew Cook	Rouse Hill	12.91	_____
5	2050 Liam Hayes	Hills District	11.96	_____
6	8245 Kevin Bosco	The Ponds	12.99	_____
7	12395 Kushal Mariguddi	Blacktown	13.51	_____

Event 33 Girls U 17 - 100 Metre Sprint (14)

Saturday 18/02/2023 - 11:49 AM

Region: 12.15 9/02/2019 Jessica Laurance

State: 11.89 28/01/2017 Maisie Stevens

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	2236 Avalene Tandog	Hills District	13.55	_____
2	1936 Joelle Tham	Hills District	14.32	_____
3	19610 Achol Mow	Prospect	14.99	_____
4	25524 Sophie Mcpherson	Penrith	14.74	_____
5	33872 Tuliana Kabuyawa	Hills District	12.49	_____
6	19660 Mia Patel	Prospect	14.98	_____
7	42028 Charlotte Fleming	Rouse Hill	13.65	_____

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Meet Program - Saturday Track Events

Heat 2 of 2 Heats...(Event 33 Girls U 17 - 100 Metre Sprint (14))

1	23376 chloe Riley	Tallawong Park	14.76	_____
2	35333 Nekea Talaia	Emu Plains	12.89	_____
3	2232 Ava Pelaez	Hills District	13.77	_____
4	1919 Shivani Sundaranatha	Hills District	13.81	_____
5	32338 Grace Nolan	Rouse Hill	14.77	_____
6	2028 Annissa Quee	Hills District	12.88	_____
7	19547 Kairi Pope	Prospect	17.20	_____

Event 34 Boys U 17 - 100 Metre Sprint (16)**Saturday 18/02/2023 - 11:53 AM**

Region: 11.00 15/02/2014 Brock O'Donnell
State: 10.80 17/02/2018 Godfrey Okerenyang

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	1618 Jack Fyfe		Lethbridge Park	13.10
2	1830 Jayeola Sunmola		Hills District	12.20
3	41204 Athiei Deng		Nepean	12.57
4	2206 Amir Saeedi		Hills District	11.85
5	36483 Maximus Konstantinof		Emu Plains	11.92
6	2026 Dylan Illangantilake		Hills District	11.35
7	19595 Zackary Armitage		Prospect	12.48
8	40876 Osione Ugbohmeh		Werrington	12.22

Heat 2 of 2 Heats

1	1878 Noah Baccan Ribeiro		Hills District	12.29
2	8696 Zachary Redwood		Winston Hills	12.27
3	8333 Aaron Gupta		The Ponds	12.75
4	14703 Kian Brown		Emu Plains	12.09
5	1874 Liam Roche		Hills District	11.62
6	8915 Lucas Scerri		Winston Hills	12.09
7	19784 Jack Cummins		Quakers Hill	12.59
8	16100 Cameron Davies		Hawkesbury City	11.39

Event 35 Girls U 8 - 100 Metre Sprint (16)**Saturday 18/02/2023 - 11:57 AM**

Region: 15.40 21/02/2015 Tuliana Kabuyawa
State: 14.44 23/03/1979 Helen Clarke

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	35338 Lillian Davis		Emu Plains	18.45
2	8679 Evie Games		Winston Hills	17.93
3	25514 Violet Panopoulos		Penrith	17.46
4	11494 Chloe Lobo		Minchinbury	19.33
5	8735 Shreya Iyer		Winston Hills	16.87
6	2294 Katalina Taufa		Hills District	17.76
7	26733 Olivia Blackman		Cranebrook	18.29
8	21607 Emily Cook		Rouse Hill	17.91

Heat 2 of 2 Heats

1	19720 Blake O'Donohue	Quakers Hill	18.24	_____
2	8406 Ava Littlejohn	The Ponds	18.16	_____
3	21543 Natalia Casado	Rouse Hill	17.77	_____
4	2098 Zara Emerson	Hills District	18.54	_____
5	1811 Aleisha Stevens	Hills District	17.28	_____
6	19754 Amelia Oxley	Quakers Hill	17.45	_____
7	35332 Taneeka Talaia	Emu Plains	17.78	_____
8	21469 Maia Garnett	Rouse Hill	18.52	_____

Event 36 Boys U 8 - 100 Metre Sprint (16)**Saturday 18/02/2023 - 12:01 PM**

Region: 15.40 15/02/2014 Nathaniel Idehen
State: 14.24 12/03/1978 Tim Harper

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	26782 Chase Swift		Cranebrook	16.71
2	1677 Louis Lee		Lethbridge Park	17.03
3	2261 Liam Masters		Hills District	16.24
4	8773 Michael Reynolds		Winston Hills	17.20
5	8436 Cohen Millard		The Ponds	17.08
6	21478 Orlando Borg		Rouse Hill	16.77
7	2777 Aaron Sangwan		Mt Druitt	17.46
8	13960 Thomas Veikoso		Doonside	17.31

Heat 2 of 2 Heats

1	9022 Julian Bazouni		Winston Hills	17.01
2	36311 Braxton Reece		Hills District	17.16
3	20652 Thys Aldaba		Riverstone	17.35
4	25614 Minon Molligoda		Penrith	17.15
5	14637 Benjamin Moc		Emu Plains	17.34
6	2141 Charlie Vasallo		Hills District	16.82
7	8756 Patrick Morris		Winston Hills	16.26
8	9465 Kobe Laws		Colyton St Clair	16.44

Event 37 Girls U 9 - 100 Metre Sprint (16)**Saturday 18/02/2023 - 12:05 PM**

Region: 14.88 16/02/2013 Osaru Airhumwunde
State: 14.14 23/03/1979 Kate Farrell

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	32432 Saanvi Saravana		Rouse Hill	17.46
2	25610 Lennie Nix		Penrith	16.27
3	11326 Aleksa Kesten		Minchinbury	17.04
4	32446 Hannah Nvene		Rouse Hill	17.59
5	2160 Sophie Connellan		Hills District	17.35
6	33986 Joanna Madubugwa		Tallawong Park	18.28
7	9023 Bridgette Bazouni		Winston Hills	16.69
8	25509 Keira Alderson		Penrith	17.75

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Heat 2 of 2 Heats...(Event 37 Girls U 9 - 100 Metre Sprint (16))

1	11403 Harlow Pinto	Minchinbury	17.42	_____
2	2021 Anabel Jurkovic	Hills District	16.93	_____
3	20793 Samarah Ryan	Riverstone	17.61	_____
4	16035 Isabelle Woodbury	Hawkesbury City	16.83	_____
5	25530 Airlie Howard	Penrith	17.63	_____
6	8774 Maya Arvind	Winston Hills	17.37	_____
7	25374 Isabella Bateman	Penrith	16.20	_____
8	8354 Aubrey Howell	The Ponds	18.32	_____

Event 38 Boys U 9 - 100 Metre Sprint (16)

Saturday 18/02/2023 - 12:09 PM

Region: 14.60 15/02/2014 Joshua Debritt
State: 13.64 21/02/1998 Christopher Lawrence

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	11383 Harlem Pinto	Minchinbury	17.20	_____
2	2362 Hary Mcquilan	Hills District	16.42	_____
3	41704 Mason Mercia	Emu Plains	15.41	_____
4	19077 Harrison Forth	Nepean	16.13	_____
5	33824 Finley Power	Hills District	16.19	_____
6	32448 Koby Hughes	Rouse Hill	15.54	_____
7	14673 Theo Cross	Emu Plains	16.73	_____
8	35513 Jacob Onorato	Quakers Hill	17.18	_____

Heat 2 of 2 Heats

1	1713 Ryan Panich	Hills District	16.21	_____
2	8758 Oliver Dennis	Winston Hills	15.09	_____
3	2172 Liam Hayden	Hills District	16.03	_____
4	41171 Riley Penning	Nepean	16.33	_____
5	19581 Nathaniel L Oyoo	Prospect	17.39	_____
6	2194 Hudson Tait	Hills District	15.56	_____
7	41092 Tyreece Stanley	Lethbridge Park	16.78	_____
8	21455 Braxton Csokonay	Rouse Hill	16.95	_____

Event 39 Girls U 10 - 100 Metre Sprint (16)

Saturday 18/02/2023 - 12:13 PM

Region: 14.10 15/02/2014 Osaru Airhumwunde
State: 13.54 12/03/1978 Annette Osborne
State: 13.54 23/03/1991 Rosemary Hayward

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	17081 Imogen Wynne	Kings Langley	15.20	_____
2	24638 Laci Roman	Werrington	16.64	_____
3	40852 Khailah-amor Waddell	Werrington	15.72	_____
4	19888 Lilly Huang	Quakers Hill	16.31	_____
5	25493 Alanna Thornton	Penrith	15.82	_____
6	8578 Isabelle Vintila	The Ponds	16.57	_____
7	1912 Ellie Benfield	Hills District	15.67	_____
8	2352 Lucy Micatka	Hills District	16.47	_____

Heat 2 of 2 Heats

1	25507 Briar Auvva'a	Penrith	14.99	_____
2	19531 Haven Puapua	Prospect	15.68	_____
3	11308 Mia Ebejer	Minchinbury	16.13	_____
4	8767 Ellie Kennedy	Winston Hills	16.52	_____
5	20653 Brae Aldaba	Riverstone	16.55	_____
6	25084 Sabella Whelan	Cranebrook	16.12	_____
7	14613 Malia Odhiambo	Emu Plains	16.69	_____
8	31983 Mia Portelli	Riverstone	15.68	_____

Event 40 Boys U 10 - 100 Metre Sprint (16)

Saturday 18/02/2023 - 12:17 PM

Region: 13.95 9/02/2019 Dylan Taylor-rogers
State: 12.94 12/03/1978 Philip Provenzano

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	2289 Charlie Elkadi	Hills District	16.04	_____
2	21619 Aaron Qu	Rouse Hill	15.20	_____
3	32406 Eamon Eastman	Rouse Hill	15.43	_____
4	19638 Ben Spadaro	Prospect	14.91	_____
5	14071 Francis Fernando	Doonside	15.73	_____
6	25570 Blake Miller	Penrith	15.66	_____
7	14653 Alexander Simpson	Emu Plains	14.91	_____
8	25621 Koen Beale	Penrith	16.04	_____

Heat 2 of 2 Heats

1	36354 Nathan Legaspi	Hills District	15.79	_____
2	20658 Vidyut Arulraj	Riverstone	14.79	_____
3	8396 Yask Kulkarni	The Ponds	16.17	_____
4	9530 Daniel Latu	Colyton St Clair	15.77	_____
5	11444 Samuel Smith	Minchinbury	15.17	_____
6	14732 Rigby Brangwin-white	Emu Plains	15.61	_____
7	19558 Patrick Boafo	Prospect	15.19	_____
8	21553 Korbin Bruckard	Rouse Hill	15.57	_____

Event 41 Girls U 11 - 100 Metre Sprint (16)

Saturday 18/02/2023 - 12:21 PM

Region: 13.76 21/02/2015 Jessica Laurance
State: 12.94 12/03/1978 Michelle Moroney

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	8851 Kiara Haywood	Winston Hills	15.22	_____
2	8802 Jayda Isherwood	Winston Hills	15.23	_____
3	29734 Elsie Bignall	Penrith	15.03	_____
4	16160 Dakota Magrin	Hawkesbury City	15.36	_____
5	1817 Savannah Cox	Hills District	14.35	_____
6	8230 Avani Balini	The Ponds	15.48	_____
7	14625 Lexi Vanzwan	Emu Plains	16.72	_____
8	2386 Scarlett Lane	Hills District	14.94	_____

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Heat 2 of 2 Heats...(Event 41 Girls U 11 - 100 Metre Sprint (16))

1	2170 Emily Deverson	Hills District	15.21	_____
2	8921 Justice Sugumaran	Winston Hills	14.39	_____
3	20792 Savannah Ryan	Riverstone	15.07	_____
4	14081 Luvini Dissanayake	Doonside	15.26	_____
5	24609 Chelsea Wright	Werrington	14.93	_____
6	24666 Caitlyn Kirchmair	Werrington	16.34	_____
7	11370 Amara Eze	Minchinbury	16.05	_____
8	8456 Scarlett Nest	The Ponds	15.32	_____

Event 42 Boys U 11 - 100 Metre Sprint (16)

Saturday 18/02/2023 - 12:25 PM

Region: 13.45 17/02/2018 Lachlan Powell

State: 12.64 12/03/1978 Robert Stanford

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	2771 Joshua Olarewaju	Mt Druitt	14.32	_____
2	2247 Jake Horsey	Hills District	14.98	_____
3	25540 Devrim Tenish	Penrith	15.69	_____
4	25526 Hayden Mccaulay	Penrith	15.78	_____
5	35289 Baylee Lees	Minchinbury	15.47	_____
6	1810 Cameron Batey	Hills District	14.72	_____
7	14610 Peter Bachtis	Emu Plains	14.74	_____
8	2317 Israel Strong	Hills District	14.99	_____

Heat 2 of 2 Heats

1	1752 Xavier Eason	Hills District	14.60	_____
2	32333 Riley McDonald	Rouse Hill	14.82	_____
3	2185 Lucas Mendonca	Hills District	15.71	_____
4	32313 Noah Cunich	Rouse Hill	15.32	_____
5	16136 Isaac Simiana	Hawkesbury City	15.77	_____
6	40868 Mukhtar Ogunwoolu	Werrington	14.67	_____
7	8286 Mitchell Darlow	The Ponds	15.26	_____
8	35299 Beau Argæt	Minchinbury	14.81	_____

Event 43 Girls U 12 - 100 Metre Sprint (16)

Saturday 18/02/2023 - 12:29 PM

Region: 13.23 17/02/2018 Mia Friesendorff

State: 12.53 24/03/2018 Chelsea Ezeoke

State: 12.64 16/03/2002 Jacinta Doyle

State: 12.64 19/02/2005 Annaliese Gardiner

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	1918 Sienna Jackson	Hills District	14.82	_____
2	24629 Chloe Williams	Werrington	14.51	_____
3	2342 Ava Cetinic	Hills District	14.64	_____
4	23354 Emily Dawes	Tallawong Park	15.64	_____
5	14089 Leah McSweeney	Doonside	16.39	_____
6	34576 Aliyah Adjei	Nepean	14.50	_____
7	8723 Katty Naylor	Winston Hills	15.17	_____
8	23319 Gabriella Caccamo	Tallawong Park	15.08	_____

Heat 2 of 2 Heats

1	36472 Hayley Milson	Emu Plains	14.55	_____
2	19844 Addison Jeyaratnam	Quakers Hill	16.42	_____
3	20773 Chelsea Chapman	Riverstone	14.53	_____
4	2130 Lila Oliver	Hills District	14.96	_____
5	14591 Violet Baker	Emu Plains	15.37	_____
6	14608 Mia Magnoli	Emu Plains	15.44	_____
7	21599 Hannah Baker	Rouse Hill	14.99	_____
8	1773 Stephanie Xu	Hills District	14.31	_____

Event 44 Boys U 12 - 100 Metre Sprint (16)

Saturday 18/02/2023 - 12:33 PM

Region: 13.06 20/02/2021 Epeosi Ugbohmhe

State: 12.04 20/03/1999 Todd Shanahan

State: 12.04 23/03/2013 James Roach

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	37181 Jye Aney-Fuller	Hawkesbury City	14.19	_____
2	21655 Tanay Ram Kolluru	Rouse Hill	14.17	_____
3	21650 Blake Spencer	Rouse Hill	14.63	_____
4	25461 Zachary Bateman	Penrith	14.71	_____
5	19559 Jeremy Boafo	Prospect	14.58	_____
6	8262 Cohen Burville	The Ponds	14.76	_____
7	14594 Timothy Hammond	Emu Plains	15.49	_____
8	23337 Noah Bajada	Tallawong Park	13.54	_____

Heat 2 of 2 Heats

1	2296 Vakalahi Taufa	Hills District	14.64	_____
2	36353 Aiden Legaspi	Hills District	14.39	_____
3	14671 Remy Cross	Emu Plains	14.88	_____
4	2196 Magnus Myhre Fox	Hills District	13.94	_____
5	2300 Lachlan Dorahy	Hills District	13.98	_____
6	40874 Ebosiogwe Ugbohmhe	Werrington	14.42	_____
7	12570 Amjad Mousa	Blacktown	14.98	_____
8	2102 Finn Sweeney	Hills District	14.65	_____

Event 69 Girls U 11-12 100 Metre Multi Class Run (1)

Saturday 18/02/2023 - 2:11 PM

Region: 15.84 9/02/2019 Layla Sharp

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

3	Eden Brooks (T/F20)	Rouse Hill	NT	_____
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Event 70 Boys U 11-12 100 Metre Multi Class Run (1)

Saturday 18/02/2023 - 2:11 PM

Region: 18.81 9/02/2019 Lowndes Motler T/F 20

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

2	32357 Ethan Odell (T/F20)	Rouse Hill	NT	_____
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Event 71 Girls U 15-17 100 Metre Multi Class Run (1)**Saturday 18/02/2023 - 2:11 PM****Region: 18.79 19/02/2022 Layla Sharp (T/F12)**

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

4	24671 Layla Sharp (T12)		Werrington	NT
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Event 72 Boys U 15-17 100 Metre Multi Class Run (3)**Saturday 18/02/2023 - 2:11 PM****Region: 16.83 19/02/2022 Lowndes Motler (T/F20)**

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

5	24640 Lowndes Motler (T/F20)		Werrington	NT
6	35865 Caleb Quass (T/F20))		Colyton St Clair	NT
7	12458 Nilesh Srikanthan (T/F		Blacktown	NT

Event 73 Girls U 13 - 400 Metre Sprint (16)**Saturday 18/02/2023 - 2:23 PM****Region: 1:00.68 20/02/2016 Caitlin Preston****State: 57.24 16/03/1986 Jo-anne Swan**

Lane	Name	Age	Centre	Seed Time
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Section 1 of 2 Final

1	8822 Amelia Johnston		Winston Hills	1:17.60
2	14593 Torah Smythe		Emu Plains	1:25.52
3	19139 Iyla Jowaheer		Nepean	1:31.41
4	41194 Ella Coutts		Nepean	1:22.12
5	11384 Mahalea Pinto		Minchinbury	1:18.39
6	24600 Sophie Kuach		Werrington	1:18.02
7	31513 Giaan Bottino		Quakers Hill	1:21.86
8	21615 Annabelle Vella		Rouse Hill	1:16.32

Section 2 of 2 Final

1	19753 Matilda Oxley		Quakers Hill	1:08.58
2	35324 Lilly Brown		Emu Plains	1:07.82
3	8765 Emelia Muccino		Winston Hills	1:09.65
4	2161 Ruby Kernaghan		Hills District	1:02.62
5	32367 Isobel Deane		Rouse Hill	1:14.92
6	19892 Sarah Edenborough		Quakers Hill	1:12.13
7	19921 Caitlyn Wise		Quakers Hill	1:10.62
8	24568 Hannah Loxley		Werrington	1:10.28

Event 74 Boys U 13 - 400 Metre Sprint (15)**Saturday 18/02/2023 - 2:29 PM****Region: 55.86 17/02/2018 Lachlan Wood****State: 53.33 17/03/2017 Donovan Bradshaw**

Lane	Name	Age	Centre	Seed Time
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Section 1 of 2 Final

2	34679 Kachul Saad		Blacktown	1:17.54
3	12578 Maanan Arora		Blacktown	1:23.74
4	23368 Aidan Jeffrey		Tallowong Park	1:13.63
5	1889 Nate Bultitude		Hills District	1:27.60
6	2164 Oscar Harding		Hills District	1:14.61
7	24721 Raemon-jr Gatehau		Werrington	1:16.07
8	24605 Connor Bale		Werrington	1:19.96

Section 2 of 2 Final

1	32612 Noah Kemp		Hawkesbury City	1:01.24
2	24574 Owen Levy		Werrington	1:10.90
3	2404 Keir Mercer		Hills District	1:08.91
4	14628 Ellis Haydon		Emu Plains	1:07.86
5	14718 Liam Mcsweeney		Emu Plains	1:05.19
6	1824 Kaiden Laing		Hills District	1:07.18
7	37801 Franklin Gaitanidis		Winston Hills	1:03.08
8	2245 Max Horsey		Hills District	1:08.50

Event 75 Girls U 14 - 400 Metre Sprint (14)**Saturday 18/02/2023 - 2:35 PM****Region: 59.28 20/02/2016 Danielle Drinnan****State: 56.02 23/03/2012 Molly Blakey**

Lane	Name	Age	Centre	Seed Time
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Section 1 of 2 Final

1	8279 Amy Christie		The Ponds	1:11.57
2	34820 Grace Kalina		Hills District	1:14.68
3	25379 Mia Brown		Penrith	1:19.47
6	9577 Aliye Dalkilinc		Colyton St Clair	1:40.97
7	21735 Helana Prats		Rouse Hill	1:22.70
8	35356 Ayla Kandemir		Emu Plains	1:11.80

Section 2 of 2 Final

1	1836 Elanur Kadayifci		Hills District	1:08.22
2	19739 Charlotte Blyth		Quakers Hill	1:10.04
3	1816 Ashlyn Kelly		Hills District	1:03.94
4	30489 Molly Mills		The Ponds	1:09.02
5	12377 Gabriella Baker		Blacktown	1:05.71
6	2255 Taylor Hills		Hills District	1:06.07
7	20820 Marlee Gill		Riverstone	1:07.58
8	1870 Jordyn Deen		Hills District	1:09.30

Event 76 Boys U 14 - 400 Metre Sprint (14)**Saturday 18/02/2023 - 2:41 PM****Region: 54.58 9/02/2019 Shayan Adhikari****State: 50.97 23/03/2012 Jarrod Cullen**

Lane	Name	Age	Centre	Seed Time
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Section 1 of 2 Final

2	25512 Jai Thornton		Penrith	1:07.49
3	14030 Brandon Duff		Doonside	1:17.87
4	8492 Nikhel Raj		The Ponds	1:11.93
5	12451 Armeet Singh		Blacktown	1:11.69
6	14702 Kael Brown		Emu Plains	1:05.22
8	33955 Zoram Ra		Doonside	1:23.04

Section 2 of 2 Final

1	34620 Brayden Doran		Quakers Hill	59.12
2	1891 Harrison Ferns		Hills District	1:03.74
3	26809 Kamso Igbojiaku		Cranebrook	1:03.25
4	2035 Ashwin Ramaswamy		Hills District	1:00.20
5	8237 Koby Bell		The Ponds	1:04.72
6	1782 Jack Proudford		Hills District	59.44
7	35339 Brodie Williams		Emu Plains	58.69
8	2217 Nicholas McNally		Hills District	1:01.16

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Event 77 Girls U 15 - 400 Metre Sprint (13)**Saturday 18/02/2023 - 2:47 PM****Region: 57.77 17/02/2018 Sidney Burrell****State: 55.74 18/02/1996 Rosemary Hayward**

Lane	Name	Age	Centre	Seed Time
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Section 1 of 2 Final

2	14034 Makayla Norford		Doonside	1:43.60
3	19108 Shabnum Totaki		Nepean	1:24.20
4	25579 Krystal Burrows		Penrith	1:33.60
5	13965 Evelyn Kuwendu		Doonside	1:22.88
6	32366 Marlee Deane		Rouse Hill	1:18.12
7	33827 Serena Vanderklaw		Hills District	1:23.00

Section 2 of 2 Final

1	21600 Lily Caines		Rouse Hill	1:07.46
2	8793 Lily Johnston		Winston Hills	1:13.46
3	2224 Aoife Murdock		Hills District	1:09.41
4	14618 Mabel Dukes		Emu Plains	1:00.52
5	14500 Ainsley Giampietro		Emu Plains	1:03.70
6	34572 Kaydenze Phillips		Nepean	1:14.42
7	25562 Kiara Pagnamenta		Penrith	1:08.33

Event 78 Girls U 17 - 400 Metre Sprint (9)**Saturday 18/02/2023 - 2:53 PM****Region: 58.77 20/02/2016 Deyana Trikaliotis****State: 55.25 24/03/2018 Caitlin Ferrier**

Lane	Name	Age	Centre	Seed Time
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Section 1 of 2 Final

3	8742 Samantha Torrens		Winston Hills	1:17.94
5	26759 Caitlyn Griggs		Cranebrook	1:17.80
6	19547 Kairi Pope		Prospect	1:25.37

Section 2 of 2 Final

2	1863 Marley McKenzie		Hills District	1:02.39
3	24671 Layla Sharp (T12)		Werrington	1:10.38
4	2236 Avalene Tandog		Hills District	1:04.64
6	12555 Taya Zammit		Blacktown	1:14.19
7	2009 Hayley Schultz		Hills District	1:05.59
8	2218 Ainslie McNally		Hills District	1:09.76

Event 79 Boys U 15 - 400 Metre Sprint (11)**Saturday 18/02/2023 - 2:59 PM****Region: 51.72 17/02/2018 Joshua Atkinson****State: 49.64 15/03/1997 David Geddes**

Lane	Name	Age	Centre	Seed Time
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Section 1 of 2 Final

2	21732 Alexander Powell		Rouse Hill	1:04.01
3	25502 Sanka Koswattage		Penrith	1:03.77
4	23345 Lucas Abiuso		Tallawong Park	1:04.64
5	1892 Liam Piggott		Hills District	1:00.79
6	8843 Kael Mclean		Winston Hills	1:02.88

Section 2 of 2 Final

2	19582 Derrick Acellam Oyoo		Prospect	58.94
3	8833 Joshua Hand		Winston Hills	56.18
4	25550 Luke Alderson		Penrith	59.45
5	2350 Teaghan Negri		Hills District	58.47
6	8245 Kevin Bosco		The Ponds	59.12
7	21745 Calem Fyfe		Rouse Hill	59.06

Event 80 Boys U 17 - 400 Metre Sprint (15)**Saturday 18/02/2023 - 3:05 PM****Region: 49.70 8/02/2020 Joshua Atkinson****State: 48.09 17/03/2017 Tyler Gunn**

Lane	Name	Age	Centre	Seed Time
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Section 1 of 2 Final

1	19595 Zackary Armitage		Prospect	58.14
2	19631 Neelesh Dey		Prospect	1:03.15
3	41205 Junior Pita		Nepean	1:07.81
5	9005 Tobias Nguyen		Winston Hills	57.69
6	35307 Bailey Murray		Minchinbury	1:33.90
7	13939 Clayton Knoester		Doonside	1:01.70
8	16161 Conor McNeill		Hawkesbury City	1:03.25

Section 2 of 2 Final

1	19570 Mitchell Bradley		Prospect	54.70
2	2306 Parker Bohman		Hills District	54.41
3	41204 Athiei Deng		Nepean	56.68
4	36483 Maximus Konstantinof		Emu Plains	55.22
5	37824 Riley Christie		Winston Hills	56.10
6	8696 Zachary Redwood		Winston Hills	56.94
7	1874 Liam Roche		Hills District	53.63
8	1807 Ethan Kelly		Hills District	55.52

Event 81 Girls U 8 - 400 Metre Run Pack Start (16)**Saturday 18/02/2023 - 3:11 PM****Region: 1:25.31 19/02/2022 Annabelle Clifton****State: 1:11.44 21/03/1981 Jo-anne Swan**

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

1	26733 Olivia Blackman		Cranebrook	1:30.14
2	19179 Miracle Egbufor		Nepean	1:21.60
3	8728 Zoe Zapatero		Winston Hills	1:31.24
4	8439 Tayler Morgan		The Ponds	1:30.20
5	8753 Felicity Harrison		Winston Hills	1:38.03
6	25514 Violet Panopoulos		Penrith	1:29.19
7	25544 Marlowe Bale		Penrith	1:30.81
8	8794 Charlotte Arkins		Winston Hills	1:30.95
9	1811 Aleisha Stevens		Hills District	1:28.72
10	36366 Isabella Miller		Hills District	1:33.12
11	8549 Charlotte Strautins		The Ponds	1:34.81
12	20702 Mackenzie Bird		Riverstone	1:36.74
13	14003 Bella Mammoliti		Doonside	1:31.12
14	36303 Scarlett Morgan		Hills District	1:32.07
15	1775 Neave Marris		Hills District	1:38.02
16	23419 Georgia Melcolm		Tallawong Park	1:38.37

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Event 82 Boys U 8 - 400 Metre Run Pack Start (16)**Saturday 18/02/2023 - 3:17 PM**

Region: 1:17.36 19/02/2022 Theodore Foggo
State: 1:07.94 23/03/1975 David Misson

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	25623 Thomas Beazley		Penrith	1:27.50
2	1972 Jack Lambert		Hills District	1:28.62
3	1798 Joshua West		Hills District	1:20.26
4	8756 Patrick Morris		Winston Hills	1:25.48
5	11462 Nullah Clarke		Minchinbury	1:28.00
6	30632 Ollie Robertson		Cranebrook	1:26.57
7	8911 Miles Hamilton-Foster		Winston Hills	1:21.93
8	1854 John Angelinas		Hills District	1:27.83
9	8773 Michael Reynolds		Winston Hills	1:23.51
10	19544 James de Vos		Prospect	1:29.84
11	9483 Tyler Horvath		Colyton St Clair	1:26.86
12	23352 Felix Gartshore		Tallowong Park	1:26.34
13	14655 Henry Cairns		Emu Plains	1:23.48
14	19714 Samarth Sathwick Iyer		Quakers Hill	1:33.41
15	19040 Nate Bateup		Nepean	1:24.90
16	1929 Jackson Newlove		Hills District	1:21.92

Event 83 Girls U 9 - 400 Metre Sprint (16)**Saturday 18/02/2023 - 3:23 PM**

Region: 1:13.61 16/02/2013 Ella Buchanan
State: 1:06.64 24/03/1990 Rosemary Hayward

Lane	Name	Age	Centre	Seed Time
Section 1 of 2 Final				
1	34817 Keeley Halpenny		Hills District	1:32.03
2	11324 Holly Bugeja		Minchinbury	1:36.93
3	14580 Lexi Young		Emu Plains	1:34.00
4	8291 Abigail Dawson		The Ponds	1:33.69
5	12455 Amelia Kannangara		Blacktown	1:36.67
6	23360 Chloe Borg		Tallowong Park	1:36.03
7	25530 Airlie Howard		Penrith	1:31.27
8	24641 Aaliyah Mccarron		Werrington	1:32.40
Section 2 of 2 Final				
1	25574 Allegra Tantalos		Penrith	1:29.56
2	32446 Hannah Nvene		Rouse Hill	1:26.49
3	19588 Annabelle Clifton		Prospect	1:20.57
4	2211 Lara Mcgrath		Hills District	1:29.27
5	1866 Olivia Hams-garriga		Hills District	1:27.57
6	2021 Anabel Jurkovic		Hills District	1:29.80
7	1750 Lara Batey		Hills District	1:23.73
8	21641 Caitlin Butler		Rouse Hill	1:24.77

Event 84 Boys U 9 - 400 Metre Sprint (16)**Saturday 18/02/2023 - 3:29 PM**

Region: 1:09.54 20/02/2016 Noah Lang
State: 1:04.40 23/03/1975 Glen Murgatroyd

Lane	Name	Age	Centre	Seed Time
Section 1 of 2 Final				
1	12400 Emilio Osborne		Blacktown	1:27.66
2	8989 Jack Furno		Winston Hills	1:23.41
3	8748 Harrison Bouquet		Winston Hills	1:21.29
4	21723 Riley Williams		Rouse Hill	1:20.25
5	20824 William Hargraves		Riverstone	1:23.98
6	24602 Seth Pattison		Werrington	1:27.10
7	8408 Senal Liyanage		The Ponds	1:21.03
8	8590 Harrison Wenban		The Ponds	1:26.44
Section 2 of 2 Final				
1	31499 Hadriel Fernando		Quakers Hill	1:17.40
2	41171 Riley Penning		Nepean	1:17.23
3	33985 Zac Zahra		Hills District	1:18.65
4	8731 Theodore Foggo		Winston Hills	1:17.78
5	19104 William Trehame		Nepean	1:15.00
6	1967 Thys Roodt		Hills District	1:17.42
7	30636 Euan Macgregor		Cranebrook	1:19.12
8	8758 Oliver Dennis		Winston Hills	1:11.30

Event 85 Girls U 10 - 400 Metre Sprint (16)**Saturday 18/02/2023 - 3:35 PM**

Region: 1:09.84 16/02/2013 Caitlin Preston
State: 1:03.84 15/03/2003 Paige Fenech

Lane	Name	Age	Centre	Seed Time
Section 1 of 2 Final				
1	23404 Alannah McKeown-Fla		Tallowong Park	1:23.43
2	8578 Isabelle Vintila		The Ponds	1:19.71
3	19920 Annabelle Wise		Quakers Hill	1:21.05
4	32328 Darcie Kearney		Rouse Hill	1:21.84
5	1777 Sienna Marris		Hills District	1:23.08
6	21479 Capri Borg		Rouse Hill	1:25.62
7	9408 Matilda Watts		Colyton St Clair	1:20.59
8	14017 Azalyah Halangahu		Doonside	1:19.68
Section 2 of 2 Final				
1	11493 Bella Lobo		Minchinbury	1:19.06
2	25493 Alanna Thornton		Penrith	1:19.57
3	31983 Mia Portelli		Riverstone	1:17.75
4	21597 Milla Mare		Rouse Hill	1:17.51
5	14652 Jenna Haydon		Emu Plains	1:15.80
6	8750 Hannah Johnston		Winston Hills	1:15.73
7	24638 Laci Roman		Werrington	1:16.00
8	8259 Maya Bryant		The Ponds	1:17.43

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Event 86 Boys U 10 - 400 Metre Sprint (16)**Saturday 18/02/2023 - 3:41 PM****Region: 1:07.53 19/02/2022 Cameron Batey****State: 1:01.34 16/03/2003 Alex Pettigrew**

Lane	Name	Age	Centre	Seed Time
Section 1 of 2 Final				
1	14001 Noah Jackson		Doonside	1:19.86
2	19711 James McDonald		Quakers Hill	1:20.61
3	24543 Michael Saliba		Werrington	1:20.70
4	11371 Ifeanyi Eze		Minchinbury	1:20.57
5	8371 Jalen Karbon		The Ponds	1:16.53
6	8924 Harvey Irvine		Winston Hills	1:19.26
7	8836 Matthew Prettyman		Winston Hills	1:21.14
8	29712 Benjamin Connolly		Penrith	1:19.49
Section 2 of 2 Final				
1	2081 Rhys Bergan		Hills District	1:15.16
2	21608 Chase Mattiazzo		Rouse Hill	1:11.28
3	8869 Tayem Reading		Winston Hills	1:08.58
4	14710 Jett Ward		Emu Plains	1:15.99
5	21758 Jensen Dowling		Rouse Hill	1:13.06
6	14672 Arthur Balkin		Emu Plains	1:13.77
7	2289 Charlie Elkadi		Hills District	1:15.49
8	25570 Blake Miller		Penrith	1:14.92

Event 87 Girls U 11 - 400 Metre Sprint (16)**Saturday 18/02/2023 - 3:47 PM****Region: 1:05.89 21/02/2015 Ella Buchanan****State: 1:01.34 12/03/1978 Michelle Moroney****State: 1:01.34 17/03/2001 Jacinta Doyle**

Lane	Name	Age	Centre	Seed Time
Section 1 of 2 Final				
1	26754 Sophie Griggs		Cranebrook	1:26.00
2	20772 Bella Chapman		Riverstone	1:21.85
3	31512 Eliana Bottino		Quakers Hill	1:24.69
4	25543 Matilda-holly Marks		Penrith	1:20.11
5	8438 Peyton Morgan		The Ponds	1:27.65
6	8596 Georgia Williams		The Ponds	1:22.52
7	19608 Achok Mow		Prospect	1:20.43
8	2186 Emma Ostler		Hills District	1:20.24
Section 2 of 2 Final				
1	2349 Grace Gadd		Hills District	1:16.69
2	2272 Chloe Harkin		Hills District	1:17.52
3	32429 Jordan Simpson		Rouse Hill	1:15.32
4	16182 Tahlia Chapman		Hawkesbury City	1:19.88
5	1867 Martina Hams Garriga		Hills District	1:17.95
6	24612 Charlotte Morris		Werrington	1:16.88
7	14615 Madison Easterbrook		Emu Plains	1:14.64
8	1783 Emily West		Hills District	1:11.74

Event 88 Boys U 11 - 400 Metre Sprint (16)**Saturday 18/02/2023 - 3:53 PM****Region: 1:03.26 20/02/2016 Lachlan Wood****State: 57.64 23/03/1979 Chris Newman**

Lane	Name	Age	Centre	Seed Time
Section 1 of 2 Final				
1	31498 Yavniel Fernando		Quakers Hill	1:16.78
2	40868 Mukhtar Ogunwoolu		Werrington	1:16.08
3	33964 Aeden McCartney		Doonside	1:19.07
4	8407 Vinal Liyanage		The Ponds	1:16.74
5	23434 Ryder Chalouf		Tallawong Park	1:18.29
6	16136 Isaac Simiana		Hawkesbury City	1:16.90
7	25553 Lucas Mcpherson		Penrith	1:19.22
8	8425 Callum McMillian		The Ponds	1:18.13
Section 2 of 2 Final				
1	25601 Lachlan Bradshaw		Penrith	1:14.12
2	2082 Carter Bergan		Hills District	1:08.00
3	41706 Josiah Skinner		Emu Plains	1:13.57
4	8934 Bernie Irvine		Winston Hills	1:11.96
5	20704 Liam Banks		Riverstone	1:07.59
6	1810 Cameron Batey		Hills District	1:04.37
7	33858 Evan Dinsmore		Hills District	1:09.06
8	2403 Ruari Mercer		Hills District	1:07.76

Event 89 Girls U 12 - 400 Metre Sprint (15)**Saturday 18/02/2023 - 3:59 PM****Region: 1:02.39 20/02/2016 Ella Buchanan****State: 57.74 21/02/1979 Nicole Leistenschneider**

Lane	Name	Age	Centre	Seed Time
Section 1 of 2 Final				
2	8711 Matilda Grant		Winston Hills	1:15.56
3	14714 Bonnie Clark		Emu Plains	1:17.84
4	14083 Teesha Karannagoda		Doonside	1:28.89
5	24711 Ella Long		Werrington	1:15.25
6	23319 Gabriella Caccamo		Tallawong Park	1:15.44
7	36472 Hayley Milson		Emu Plains	1:15.75
8	19741 Avika Chaturvedi		Quakers Hill	1:30.92
Section 2 of 2 Final				
1	1953 Madison Harris		Hills District	1:10.11
2	1887 Lucy Sherwood		Hills District	1:09.54
3	1862 Eva McKenzie		Hills District	1:09.68
4	20773 Chelsea Chapman		Riverstone	1:09.28
5	24629 Chloe Williams		Werrington	1:08.31
6	2348 Maya Wettimuny		Hills District	1:07.90
7	31978 Zahra Calder		Riverstone	1:14.96
8	2115 Ava Chapman Read		Hills District	1:13.44

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Event 90 Boys U 12 - 400 Metre Sprint (16)**Saturday 18/02/2023 - 4:05 PM****Region: 59.47 18/02/2017 Lachlan Wood****State: 56.88 18/03/2016 Donovan Bradshaw**

Lane	Name	Age	Centre	Seed Time
Section 1 of 2 Final				
1	31497 Aviel Fernando		Quakers Hill	1:14.91
2	19059 Noah Vella		Nepean	1:23.94
3	1833 Elijah Zackey		Hills District	1:14.71
4	14644 Austin Fuz		Emu Plains	1:16.40
5	25461 Zachary Bateman		Penrith	1:13.05
6	21586 Steffan Mare		Rouse Hill	1:14.17
7	2027 Tristan Quee		Hills District	1:15.15
8	12505 Jonathan Shuker		Blacktown	1:18.16

Section 2 of 2 Final

1	8881 Ryan Haaf		Winston Hills	1:11.32
2	14594 Timothy Hammond		Emu Plains	1:10.25
3	19883 Adrian Rostami		Quakers Hill	1:07.39
4	13988 Hayden straub		Doonside	1:08.71
5	33899 Xavier Zahra		Hills District	1:07.12
6	2120 Beau Adams		Hills District	1:05.93
7	2296 Vakalahi Taufaa		Hills District	1:11.68
8	9002 Luke Hoddinett		Winston Hills	1:09.63

Event 91 Girls U 13 - 3000 Metre Run (11)**Saturday 18/02/2023 - 4:21 PM****Region: 10:42.53 8/02/2019 Lucie Francis****State: 9:53.44 4/02/2018 Imogen Stewart**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	16199 Emily Daly		Hawkesbury City	17:10.66
2	8258 Eva Bryant		The Ponds	12:40.96
3	16120 Tabitha Broughton		Hawkesbury City	13:10.81
4	8868 Lyla Reading		Winston Hills	11:23.60
5	20659 Sophie McCulla		Riverstone	14:23.14
6	33953 Amelia Farag		Doonside	13:49.19
7	17029 Aristeia Papadopoulos		Kings Langley	17:04.19
8	19742 Emma Hoskins		Quakers Hill	13:13.70
9	21615 Annabelle Vella		Rouse Hill	11:52.04
10	19841 Lexie Beacroft		Quakers Hill	14:48.81
11	19901 Bronte Parkin		Quakers Hill	13:23.05

Event 92 Boys U 13 - 3000 Metre Run (8)**Saturday 18/02/2023 - 4:21 PM****Region: 10:00.29 7/02/2020 Will Haydon****State: 9:39.60 20/03/2004 Cameron Page**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
12	23407 Joshua Faulkner		Tallowong Park	14:48.08
13	16198 Tristan Daly		Hawkesbury City	11:44.43
14	14057 Harley Pittman		Doonside	13:36.35
15	2156 Hayden Greenwood		Hills District	14:07.85
16	34605 Evan Francis		Nepean	12:47.31
17	24574 Owen Levy		Werrington	11:44.79
18	14628 Ellis Haydon		Emu Plains	10:10.65
19	23355 Dylan Borg		Tallowong Park	14:21.08

Event 93 Girls U 14 - 3000 Metre Run (3)**Saturday 18/02/2023 - 4:36 PM****Region: 10:23.40 14/02/2014 Leena Yang****State: 9:59.16 20/03/2015 Emily Schneider**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	14595 Tia Bachtis		Emu Plains	13:07.21
2	8866 Matilda Webb		Winston Hills	11:37.37
3	16197 Lilliana Daly		Hawkesbury City	13:02.09

Event 94 Boys U 14 - 3000 Metre Run (6)**Saturday 18/02/2023 - 4:36 PM****Region: 9:53.19 16/02/2018 Andrew Laycock****State: 9:13.83 21/03/2014 Harrison Wade**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
4	37935 Damon Townsend		Rouse Hill	11:23.11
5	1891 Harrison Ferns		Hills District	10:49.79
6	8969 Alex Bayliss		Winston Hills	11:27.13
7	1921 Vincent Contini		Hills District	13:54.51
8	24639 Kai Roman		Werrington	12:12.35
9	34620 Brayden Doran		Quakers Hill	10:41.12

Event 95 Girls U 15 - 3000 Metre Run (4)**Saturday 18/02/2023 - 4:51 PM****Region: 10:51.94 7/02/2020 Catherine Richter****State: 9:43.02 18/03/2016 Emily Schneider**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	14618 Mabel Dukes		Emu Plains	11:46.37
2	17034 Claire Giffney		Kings Langley	15:41.22
3	19717 Matilda Olson		Quakers Hill	13:37.76
4	8837 Holly Gersbach		Winston Hills	11:34.51

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Event 96 Boys U 15 - 3000 Metre Run (7)**Saturday 18/02/2023 - 4:51 PM****Region: 9:21.37 18/02/2022 Isaac Beacroft****State: 8:50.60 18/03/2006 Cameron Page**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
5	2090 Oliver Golding		Hills District	10:23.46
6	16225 Maverick Blunden		Hawkesbury City	15:40.52
7	19922 Lucas Wise		Quakers Hill	10:52.39
8	16180 Jake Astill		Hawkesbury City	10:48.74
9	21649 Thomas Spencer		Rouse Hill	12:18.06
10	9431 Bayley White		Colyton St Clair	12:43.39
11	8843 Kael Mclean		Winston Hills	11:32.94

Event 97 Girls U 17 - 3000 Metre Run (11)**Saturday 18/02/2023 - 5:06 PM****Region: 10:26.10 16/02/2013 Sarah Marvin****State: 9:45.64 2/02/2019 Lauren Carey**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	1895 Joanna Foster		Hills District	13:17.62
2	2010 Sophie Schultz		Hills District	11:28.72
3	20729 Chelsea Roberts		Riverstone	12:46.63
4	36485 Sophie Boyes		Emu Plains	12:10.82
5	19005 Jessey Bektas		Nepean	16:42.13
6	2238 Aoife Collins		Hills District	12:24.24
7	2157 Amelia Mayes		Hills District	12:24.95
8	2153 Lucie Francis		Hills District	10:38.44
9	19004 Abbey Bektas		Nepean	17:29.16
10	20730 Chelsea Olbrich		Riverstone	13:11.72
11	8894 Kailey Webber		Winston Hills	16:36.97

Event 98 Boys U 17 - 3000 Metre Run (10)**Saturday 18/02/2023 - 5:06 PM****Region: 8:47.39 7/02/2020 Daniel Kelly****State: 8:55.17 16/03/2019 Kai Hammond**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
12	2040 Samuel Waring		Hills District	9:45.00
13	19852 Isaac Beacroft		Quakers Hill	NT
14	19631 Neelesh Dey		Prospect	11:13.95
15	23400 Oscar Waring		Tallawong Park	11:05.46
16	8824 Aidan Pospischil		Winston Hills	12:30.90
17	2394 Syed Saad Mahmud		Hills District	10:19.90
18	33847 Rocco Bingley		Hills District	10:03.46
19	14590 Will Haydon		Emu Plains	10:03.27
20	40883 Josh Reed		Werrington	10:56.52
21	19603 Alex Ienna		Prospect	12:11.96

REGION 6 TRACK & FIELD CHAMPIONSHIPS
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Session Report

Session: 2 Saturday Field Events

Day 1 - Saturday 18/02/2023 - Starts at 08:00 AM

Starts at	Event	Round	Entries	Heats
8:00 AM	#1 Boys U 14 - Discus (1.0 Kg)	Final	16	1
8:00 AM	#2 Boys U 13-14 Multi Class Discus	Final	1	1
9:30 AM	#3 Boys U 13 - Discus (750 Gram)	Final	17	1
11:00 AM	#4 Girls U 15 - Discus (1.0 Kg)	Final	15	1
12:30 PM	#5 Boys U 17 - Discus (1.5 Kg)	Final	15	1
12:30 PM	#6 Boys U 15-17 Multi Class Discus	Final	3	1
2:00 PM	#7 Girls U 12 - Discus (750 Gram)	Final	16	1
2:00 PM	#8 Girls U 11-12 Multi Class Discus	Final	1	1
3:30 PM	#9 Boys U 12 - Discus (750 Gram)	Final	16	1
3:30 PM	#10 Boys U 11-12 Multi Class Discus	Final	1	1
8:00 AM	#11 Girls U 10 - Discus (500 Gram)	Final	16	1
9:30 AM	#12 Boys U 10 - Discus (500 Gram)	Final	16	1
11:00 AM	#13 Girls U 8 - Discus (500 Gram)	Final	16	1
8:00 AM	#14 Girls U 15 - High Jump (S/H 1.25m)	Final	3	1
8:30 AM	#15 Girls U 12 - High Jump (S/H 1.15m)	Final	14	1
10:00 AM	#16 Girls U 13 - High Jump (S/H 1.20m)	Final	10	1
11:10 AM	#17 Boys U 9 - High Jump (S/H 0.90m)	Final	16	1
12:40 PM	#18 Girls U 9 - High Jump (S/H 0.85m)	Final	13	1
8:00 AM	#19 Boys U 17 - High Jump (S/H 1.35m)	Final	16	1
9:30 AM	#20 Girls U 11 - High Jump (S/H 1.05m)	Final	16	1
11:00 AM	#21 Boys U 14 - High Jump (S/H 1.30m)	Final	15	1
12:45 PM	#22 Boys U 12 - Javelin (400 Gram)	Final	16	1
2:15 PM	#23 Boys U 11 - Javelin (400 Gram)	Final	13	1
4:55 PM	#24 Girls U 12 - Javelin (400 Gram)	Final	16	1
5:15 PM	#25 Girls U 17 - Javelin (500 Gram)	Final	16	1
3:25 PM	#26 Boys U 13 - Javelin (600 Gram)	Final	16	1
6:25 PM	#27 Boys U 15 - Javelin (700 Gram)	Final	15	1
6:05 PM	#28 Girls U 14 - Javelin (400 Gram)	Final	14	1
7:15 PM	#29 Boys U 14 - Javelin (600 Gram)	Final	14	1
7:35 PM	#30 Boys U 17 - Javelin (700 Gram)	Final	16	1
8:00 AM	#31 Boys U 10 - Long Jump	Final	15	1
9:30 AM	#32 Boys U 15 - Long Jump	Final	14	1
11:00 AM	#33 Boys U 12 - Long Jump	Final	15	1
12:30 PM	#34 Girls U 13 - Long Jump	Final	16	1
2:00 PM	#35 Boys U 17 - Long Jump	Final	17	1
2:00 PM	#36 Boys U 15-17 Multi Class Long Jump	Final	2	1
3:30 PM	#37 Girls U 14 - Long Jump	Final	16	1
9:30 AM	#38 Boys U 8 - Long Jump	Final	16	1
11:00 AM	#39 Girls U 10 - Long Jump	Final	15	1
12:30 PM	#40 Boys U 13 - Long Jump	Final	16	1
2:00 PM	#41 Girls U 8 - Long Jump	Final	16	1
8:00 AM	#42 Girls U 14 - Shot Put (3.0 Kg)	Final	13	1
8:00 AM	#43 Girls U 13-14 Multi Class Shot Put	Final	1	1
9:30 AM	#44 Girls U 17 - Shot Put (3.0 Kg)	Final	15	1
9:30 AM	#45 Girls U 15-17 Multi Class Shot Put	Final	1	1
11:00 AM	#46 Boys U 15 - Shot Put (4.0 Kg)	Final	14	1
12:30 PM	#47 Boys U 11 - Shot Put (2.0 Kg)	Final	16	1

REGION 6 TRACK & FIELD CHAMPIONSHIPS
Narellan Sports Hub, Narellan - 18/02/2023 to 19/02/2023
Session Report

Session: 2 Saturday Field Events
Day 1 - Saturday 18/02/2023 - Starts at 08:00 AM

Starts at	Event	Round	Entries	Heats
2:00 PM	#48 Girls U 13 - Shot Put (3.0 Kg)	Final	16	1
8:00 AM	#49 Girls U 9 - Shot Put (2.0 Kg)	Final	16	1
9:30 AM	#50 Boys U 9 - Shot Put (2.0 Kg)	Final	16	1
11:00 AM	#51 Girls U 11 - Shot Put (2.0 Kg)	Final	16	1
12:30 PM	#52 Boys U 8 - Shot Put (1.5 Kg)	Final	16	1
8:00 AM	#53 Boys U 11 - Triple Jump	Final	16	1
9:00 AM	#54 Girls U 15 - Triple Jump	Final	14	1
11:00 AM	#55 Girls U 17 - Triple Jump	Final	14	1
12:30 PM	#56 Girls U 11 - Triple Jump	Final	16	1
	Athlete Count: 598		=====	=====
	Entry / Heat Totals:		746	56

REGION 6 TRACK & FIELD CHAMPIONSHIPS
Narellan Sports Hub, Narellan - 18/02/2023 to 19/02/2023
Meet Program - Saturday Field Events

Event 1 Boys U 14 - Discus (1.0 Kg) (16)**Saturday 18/02/2023 - 8:00 AM**

Region: 52.34m 16/02/2018 Siotame Hansen
State: 57.71m 20/03/2010 Tepai Moeroa

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	12376 Aiden Tod		Blacktown	12.28m	_____
2	24670 Hunter Mckillop-davie		Werrington	22.93m	_____
3	1611 Anthony Bartley		Lethbridge Park	14.90m	_____
4	40854 Kaihana Wadell-scanla		Werrington	21.68m	_____
5	1825 Tayga Sevdimbass		Hills District	31.51m	_____
6	2265 Keegan Free		Hills District	27.75m	_____
7	1600 Jamie Chestnut		Lethbridge Park	14.58m	_____
8	19650 Xavier Fenech		Prospect	28.93m	_____
9	1842 Douglas Windress		Hills District	22.06m	_____
10	1921 Vincent Contini		Hills District	16.45m	_____
11	2341 William Cetinic		Hills District	21.38m	_____
12	20651 Seth Adams		Riverstone	16.72m	_____
13	8598 Jawad Abu-Ziyad		The Ponds	15.19m	_____
14	8775 Dean Grant		Winston Hills	19.23m	_____
15	24561 Elias Mcgaughey		Werrington	32.76m	_____
16	9414 Ricky Morris		Colyton St Clair	17.89m	_____

Event 2 Boys U 13-14 Multi Class Discus (1)**Saturday 18/02/2023 - 8:00 AM**

Region: 6.81m 7/02/2020 Lowndes Motler TF 20

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	16088 Levi Douglass (T/F12)		Hawkesbury City	ND	_____

Event 3 Boys U 13 - Discus (750 Gram) (17)**Saturday 18/02/2023 - 9:30 AM**

Region: 45.84m 21/02/2015 Alexander Murdocca
State: 60.74m 2/02/2019 Angus Clues

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	23358 Cooper Findlay		Tallowong Park	18.80m	_____
2	1824 Kaiden Laing		Hills District	20.78m	_____
3	2852 Viliami Wolfgramm		Mt Druitt	32.38m	_____
4	30552 Sriram Durai		The Ponds	18.42m	_____
5	11418 Hayze Fualau		Minchinbury	24.18m	_____
6	8909 Noah Scerri		Winston Hills	23.67m	_____
7	2156 Hayden Greenwood		Hills District	19.66m	_____
8	17040 Alex Jack		Kings Langley	21.76m	_____
9	8826 Aaron Chevalier		Winston Hills	38.72m	_____
10	9511 Brody Watson		Colyton St Clair	26.51m	_____
11	19149 Blade Richards		Nepean	26.44m	_____
12	35344 Johnny Farrugia		Emu Plains	17.54m	_____
13	19590 Dominic Ryan		Prospect	34.31m	_____
14	13981 Eli Ma'u		Doonside	31.21m	_____
15	1674 Beau Bennett		Lethbridge Park	17.98m	_____
16	14021 Kalisi Aualiitia		Quakers Hill	ND	_____
17	9428 Casey White		Colyton St Clair	19.59m	_____

Event 4 Girls U 15 - Discus (1.0 Kg) (15)**Saturday 18/02/2023 - 11:00 AM**

Region: 44.74m 18/02/2017 Sally Shokry
State: 48.18m 29/11/1995 Katrina Steele

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	14034 Makayla Norford		Doonside	15.59m	_____
2	19800 Ella O'Shea		Quakers Hill	11.10m	_____
3	1847 Amelia Brice		Hills District	22.10m	_____
4	1821 Maddison Laing		Hills District	15.78m	_____
5	24564 Mia Thomson		Werrington	30.59m	_____
6	19717 Matilda Olson		Quakers Hill	21.60m	_____
7	9559 Ashleigh South		Colyton St Clair	23.42m	_____
8	2782 Salote Wolfgramm		Mt Druitt	ND	_____
9	19853 Samantha Wilkinson		Quakers Hill	18.48m	_____
10	19036 Zoe Mark		Nepean	25.03m	_____
11	20813 emelie zettl		Riverstone	11.22m	_____
12	2869 Mia-Lee Evans Conn		Mt Druitt	25.89m	_____
13	2176 Molly Jovanovic		Hills District	28.09m	_____
14	14018 Ava Masic		Quakers Hill	ND	_____
15	9562 Jessica Dhaliwal		Colyton St Clair	18.99m	_____

Event 5 Boys U 17 - Discus (1.5 Kg) (15)**Saturday 18/02/2023 - 12:30 PM**

Region: 51.45m 9/02/2020 Lucas Rose
State: 56.17m 22/03/2009 Liam Speers

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	19084 Lachlan Green		Nepean	42.37m	_____
2	20814 Nate Gill		Riverstone	26.62m	_____
3	19918 Cody Kingcott		Quakers Hill	25.26m	_____
4	34596 Amosia Soatini		Nepean	43.23m	_____
5	2201 Jasper Deane		Hills District	25.48m	_____
6	19651 Sebastian Fenech		Prospect	30.75m	_____
7	2131 Daniel Kasozi		Hills District	39.58m	_____
8	23365 Alexander Ayre		Tallowong Park	27.90m	_____
9	2132 Benjamin Kasozi		Hills District	38.20m	_____
10	19812 Caleb Torrisheba		Quakers Hill	26.69m	_____
11	8813 Isaac Chevalier		Winston Hills	26.87m	_____
12	37835 Leo Gravis		Winston Hills	20.91m	_____
13	19546 Rafy Abu Ganaba		Prospect	23.40m	_____
14	26764 Toby Camilleri		Cranebrook	36.99m	_____
15	8915 Lucas Scerri		Winston Hills	27.39m	_____

Event 6 Boys U 15-17 Multi Class Discus (3)**Saturday 18/02/2023 - 12:30 PM**

Region: 7.31m 19/02/2022 Lowndes Motler (T/F20)

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	35865 Caleb Quass (T/F20))		Colyton St Clair	ND	_____
2	9441 Josh Carter (F37)		Colyton St Clair	ND	_____
3	24640 Lowndes Motler (T/F20)		Werrington	ND	_____

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Event 7 Girls U 12 - Discus (750 Gram) (16)**Saturday 18/02/2023 - 2:00 PM****Region: 40.58m 18/02/2018 Rachel Bardney****State: 46.19m 15/03/2008 Filoi Aokuso**

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	1692 Lotoa Manesa		Lethbridge Park	11.75m
2	17162 Chelsea Johnson		Kings Langley	17.42m
3	16077 Sienna Hinder		Hawkesbury City	16.66m
4	24606 Phoebe Morris		Werrington	18.04m
5	20747 Summer Hay		Riverstone	20.52m
6	1688 Lydia Kaena		Lethbridge Park	9.72m
7	8738 Sanjana Iyer		Winston Hills	27.73m
8	2115 Ava Chapman Read		Hills District	18.45m
9	14089 Leah McSweeney		Doonside	11.64m
10	16112 Krystal Emme		Hawkesbury City	25.72m
11	36472 Hayley Milson		Emu Plains	14.38m
12	8521 Aria Shah		The Ponds	16.16m
13	26757 Sarah Galea		Cranebrook	24.07m
14	1953 Madison Harris		Hills District	16.81m
15	24584 Isabella Roelofs		Werrington	22.55m
16	8856 Ashleigh Fallins		Winston Hills	18.70m

Event 8 Girls U 11-12 Multi Class Discus (1)**Saturday 18/02/2023 - 2:00 PM****Region: 14.50m 9/02/2020 Michayla Espie TF 20**

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	Eden Brooks (T/F20)		Rouse Hill	ND

Event 9 Boys U 12 - Discus (750 Gram) (16)**Saturday 18/02/2023 - 3:30 PM****Region: 44.75m 15/02/2014 Alexander Murdocca****State: 52.43m 16/03/2002 Emanuele Fuamatu**

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	29742 Isaac Lemon		Penrith	17.57m
2	8904 Taine Katalinic		Winston Hills	25.46m
3	23401 Darcy Waring		Tallawong Park	19.54m
4	19046 Hague Asare		Nepean	20.89m
5	2313 Gabriel Plummer		Hills District	23.94m
6	32334 Dylan McDonald		Rouse Hill	20.00m
7	20751 Roman Iori		Riverstone	19.79m
8	14007 Jarwyn Quartey		Doonside	16.85m
9	2264 Hayden Free		Hills District	30.64m
10	8470 Ben Parsell		The Ponds	19.21m
11	37747 Aaron Sivaraman		Blacktown	19.87m
12	32384 Disas Akain Premachar		Rouse Hill	22.46m
13	19107 Jordan Jara		Nepean	15.02m
14	9002 Luke Hoddinett		Winston Hills	20.88m
15	9412 Jarryd Morris		Colyton St Clair	14.06m
16	16114 Samuel Dunn		Hawkesbury City	17.99m

Event 10 Boys U 11-12 Multi Class Discus (1)**Saturday 18/02/2023 - 3:30 PM****Region: 6.88m 10/02/2019 Lowndes Motler T/F 20**

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	32357 Ethan Odell (T/F20)		Rouse Hill	ND

Event 11 Girls U 10 - Discus (500 Gram) (16)**Saturday 18/02/2023 - 8:00 AM****Region: 32.02m 21/02/2016 Clare Grubba****State: 37.22m 16/03/1985 Michelle Haage**

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	11372 Bethany Kay		Minchinbury	12.41m
2	20700 Matilda Hay		Riverstone	18.82m
3	20808 Keira Gill		Riverstone	14.13m
4	32328 Darcie Kearney		Rouse Hill	13.01m
5	14624 Lilliana Hayek		Emu Plains	12.69m
6	8952 Evie Spring		Winston Hills	13.86m
7	11373 Mary Kay		Minchinbury	12.70m
8	19597 Faith Jones		Prospect	13.53m
9	14658 Harper Egglestone		Emu Plains	16.40m
10	2352 Lucy Micatka		Hills District	12.98m
11	19035 Stella Mcdiarmid-great		Nepean	15.93m
12	19891 Zahlia Ciftci		Quakers Hill	14.77m
13	19061 Chloe Cambell		Nepean	12.97m
14	24654 Lily Aldred		Werrington	13.58m
15	9581 Giselle Stopins		Colyton St Clair	17.36m
16	8855 Lucinda Fallins		Winston Hills	17.38m

Event 12 Boys U 10 - Discus (500 Gram) (16)**Saturday 18/02/2023 - 9:30 AM****Region: 34.50m 9/02/2020 Aaron Chevalier****State: 43.20m 19/03/1983 Jason Amberger**

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	2155 Mitchell Greenwood		Hills District	21.00m
2	1648 Pelasio Pelasio		Lethbridge Park	22.47m
3	8798 Joshua Waddington		Winston Hills	17.85m
4	1765 Louis Csirszka		Hills District	20.54m
5	21627 Lucas Eustace		Rouse Hill	18.45m
6	35343 Jake Farrugia		Emu Plains	19.92m
7	2370 Rhys Nethery		Hills District	16.33m
8	12420 Dylan Brunner		Blacktown	13.84m
9	26745 Mathayus Andreatta		Cranebrook	25.30m
10	25501 Ranuka Koswattage		Penrith	16.82m
11	19180 Praise Egbufor		Nepean	23.32m
12	17016 Rafael Mokamba		Kings Langley	16.48m
13	9430 Levi White		Colyton St Clair	23.08m
14	34692 Isi Sikahale		Blacktown	13.56m
15	14086 Jackson Brodrick		Doonside	14.16m
16	24623 Lachlan Buchtmann		Werrington	16.72m

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Event 13 Girls U 8 - Discus (500 Gram) (16)**Saturday 18/02/2023 - 11:00 AM****Region: 17.68m 17/02/2018 Jordyn Deen****State: 24.42m 23/11/2003 Taylah Sengul**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1826 Elya Sevdimbass		Hills District	7.73m	_____
2	8735 Shreya Iyer		Winston Hills	14.27m	_____
3	19179 Miracle Egbufor		Nepean	11.71m	_____
4	21580 Sofia Dyer		Rouse Hill	9.08m	_____
5	1985 Hasini Senthuran		Hills District	10.37m	_____
6	24634 Charlotte Irwin		Werrington	9.14m	_____
7	16075 Tahlia Hunt		Hawkesbury City	9.36m	_____
8	37795 Elke Jennings		Winston Hills	10.82m	_____
9	14607 Ruby Magnoli		Emu Plains	7.99m	_____
10	30603 Keeley Gabriel		The Ponds	8.74m	_____
11	12523 Isalia Savea		Blacktown	8.21m	_____
12	14609 Mia Egglestone		Emu Plains	8.87m	_____
13	19689 Anika Narayanasingh		Quakers Hill	7.84m	_____
14	16601 Olivia Hayek		Emu Plains	9.31m	_____
15	2812 Te-Reinga Talau		Mt Druitt	13.22m	_____
16	1811 Aleisha Stevens		Hills District	11.01m	_____

Event 14 Girls U 15 - High Jump (S/H 1.25m) (3)**Saturday 18/02/2023 - 8:00 AM****Region: 1.65m 21/02/2016 Desleigh Owusu****State: 1.80m 16/03/2008 Amy Pejkoivic**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	2139 Tanisha Kumar		Hills District	1.55m	_____
2	13965 Evelyn Kuwendu		Doonside	1.25m	_____
3	9593 Sophia Lees		Colyton St Clair	1.25m	_____

Event 15 Girls U 12 - High Jump (S/H 1.15m) (14)**Saturday 18/02/2023 - 8:30 AM****Region: 1.51m 18/02/2018 Audrey Nadaya-Harb****State: 1.65m 20/03/2015 Tomysha Clark**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	14733 Astrid Brangwin-white		Emu Plains	1.10m	_____
2	1862 Eva McKenzie		Hills District	1.15m	_____
3	14089 Leah McSweeney		Doonside	1.15m	_____
4	14591 Violet Baker		Emu Plains	1.10m	_____
5	8738 Sanjana Iyer		Winston Hills	1.15m	_____
6	8723 Katty Naylor		Winston Hills	1.20m	_____
7	13974 Isabella-Maria Parker		Doonside	1.15m	_____
8	2342 Ava Cetinic		Hills District	1.50m	_____
9	19844 Addison Jeyaratnam		Quakers Hill	1.25m	_____
10	21599 Hannah Baker		Rouse Hill	1.30m	_____
11	33841 Clara Sugiana		Hills District	1.28m	_____
12	16077 Sienna Hinder		Hawkesbury City	1.20m	_____
13	1918 Sienna Jackson		Hills District	1.15m	_____
14	9512 Georgia Watson		Colyton St Clair	1.15m	_____

Event 16 Girls U 13 - High Jump (S/H 1.20m) (10)**Saturday 18/02/2023 - 10:00 AM****Region: 1.55m 9/02/2019 Vanessa Apel****State: 1.80m 22/03/1987 Sonja Wennekes**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	19901 Bronte Parkin		Quakers Hill	1.25m	_____
2	41195 Kiarna Bretschneider		Nepean	1.15m	_____
3	1962 Summer Paki		Hills District	1.32m	_____
4	2161 Ruby Kernaghan		Hills District	1.36m	_____
5	1757 Olivia Scott-Rogers		Hills District	1.50m	_____
6	9013 KatherinE Furno		Winston Hills	1.34m	_____
7	36379 Emily Mitchell		Hills District	1.36m	_____
8	2268 Ishanvi Tiwari		Hills District	1.36m	_____
9	2270 Olivia Harkin		Hills District	1.15m	_____
10	17029 Aristeia Papadopoulos		Kings Langley	1.25m	_____

Event 17 Boys U 9 - High Jump (S/H 0.90m) (16)**Saturday 18/02/2023 - 11:10 AM****Region: 1.30m 18/02/2018 Joseph Ezekiel****State: 1.40m 17/03/1985 Jamie Shortland****State: 1.40m 21/03/2009 Harrison Brierley**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	11383 Harlem Pinto		Minchinbury	0.85m	_____
2	8731 Theodore Foggo		Winston Hills	1.05m	_____
3	2323 Cameron Salonga		Hills District	1.00m	_____
4	30608 Adam Khdeir		The Ponds	0.90m	_____
5	26734 Levi Brothers		Cranebrook	1.00m	_____
6	20728 Hunter Stewart		Riverstone	1.00m	_____
7	8249 Jackson Brown		The Ponds	1.00m	_____
8	36355 Noah Monstein		Hills District	1.00m	_____
9	8408 Senal Liyanage		The Ponds	1.00m	_____
10	1796 Declan Van Ross		Hills District	1.00m	_____
11	20824 William Hargraves		Riverstone	1.00m	_____
12	14485 Isaac Payne		Emu Plains	1.00m	_____
13	1713 Ryan Panich		Hills District	1.00m	_____
14	19060 Cooper Campbell		Nepean	1.00m	_____
15	9576 Axel Speeding		Colyton St Clair	1.08m	_____
16	1967 Thys Roodt		Hills District	1.00m	_____

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Event 18 Girls U 9 - High Jump (S/H 0.85m) (13)**Saturday 18/02/2023 - 12:40 PM**

Region: 1.03m 19/02/2022 Arielle Burville
State: 1.39m 24/03/2012 Tomyscha Clark

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	16035 Isabelle Woodbury		Hawkesbury City	0.99m	_____
2	9590 Lilly Mcsharry		Colyton St Clair	0.85m	_____
3	25594 Mikayla Pace		Penrith	1.00m	_____
4	23360 Chloe Borg		Tallawong Park	0.80m	_____
5	1990 Ashleigh Mear		Hills District	0.90m	_____
6	24589 Vivienne Pola		Werrington	0.80m	_____
7	8354 Aubrey Howell		The Ponds	0.85m	_____
8	21582 Airlie Perkins		Rouse Hill	0.95m	_____
9	33893 Anastasia Thorne		Hills District	0.95m	_____
10	24652 Marleigh Martin		Werrington	0.85m	_____
11	11403 Harlow Pinto		Minchinbury	0.85m	_____
12	1940 Zara Weir		Hills District	0.90m	_____
13	2021 Anabel Jurkovic		Hills District	1.03m	_____

Event 19 Boys U 17 - High Jump (S/H 1.35m) (16)**Saturday 18/02/2023 - 8:00 AM**

Region: 1.86m 9/02/2019 Andrew Dean
State: 2.10m 20/03/2010 Brandon Starc

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	8973 Aryan Ryan		Winston Hills	1.60m	_____
2	8915 Lucas Scerri		Winston Hills	1.76m	_____
3	41204 Athiei Deng		Nepean	1.14m	_____
4	2216 Marc Milton-White		Hills District	1.74m	_____
5	19918 Cody Kingcott		Quakers Hill	1.66m	_____
6	19812 Caleb Torrisheba		Quakers Hill	1.71m	_____
7	19595 Zackary Armitage		Prospect	1.55m	_____
8	9005 Tobias Nguyen		Winston Hills	1.66m	_____
9	20814 Nate Gill		Riverstone	1.60m	_____
10	1830 Jayeola Sunmola		Hills District	1.66m	_____
11	9491 Cameron Goddard		Colyton St Clair	1.45m	_____
12	23348 Lachlan Findlay		Tallawong Park	1.55m	_____
13	1878 Noah Baccan Ribeiro		Hills District	1.50m	_____
14	12439 Luke Vrataric		Blacktown	NH	_____
15	40876 Osione Ugbohmeh		Werrington	1.66m	_____
16	8813 Isaac Chevalier		Winston Hills	1.55m	_____

Event 20 Girls U 11 - High Jump (S/H 1.05m) (16)**Saturday 18/02/2023 - 9:30 AM**

Region: 1.40m 19/02/2017 Vanessa Apel
State: 1.55m 22/03/2014 Tomyscha Clark

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	8456 Scarlett Nest		The Ponds	1.16m	_____
2	12440 Olivia Vrataric		Blacktown	1.14m	_____
3	25527 Havana Pagnamenta		Penrith	1.00m	_____
4	25622 Amelia Beazley		Penrith	1.00m	_____
5	21603 Edwina Biermann		Rouse Hill	1.15m	_____
6	20792 Savannah Ryan		Riverstone	1.15m	_____
7	21623 Quinn Bombardiere		Rouse Hill	1.20m	_____
8	2258 Joanne Sudjarwo		Hills District	1.20m	_____
9	14081 Luvini Dissanayake		Doonside	1.16m	_____
10	26744 Merkita Rose Jaeger		Cranebrook	1.00m	_____
11	25520 Taylah Pagnamenta		Penrith	1.00m	_____
12	8267 Lani Caragher		The Ponds	1.16m	_____
13	16172 Harper Evans		Hawkesbury City	1.15m	_____
14	8802 Jayda Isherwood		Winston Hills	1.22m	_____
15	12387 Bronte Carr		Blacktown	1.16m	_____
16	2386 Scarlett Lane		Hills District	1.20m	_____

Event 21 Boys U 14 - High Jump (S/H 1.30m) (15)**Saturday 18/02/2023 - 11:00 AM**

Region: 1.68m 17/02/2018 Siotame Hansen
State: 1.95m 20/03/1994 Justin Hathway

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	40854 Kaihana Wadell-scanla		Werrington	1.25m	_____
2	2341 William Cetinic		Hills District	1.43m	_____
3	25500 Thomas Cody		Penrith	1.30m	_____
4	24617 Xavier Piper		Werrington	1.45m	_____
5	19617 Alex Spadaro		Prospect	1.47m	_____
6	9418 Noah Hams		Colyton St Clair	1.30m	_____
7	14030 Brandon Duff		Doonside	1.35m	_____
8	8480 Jesse Peach		The Ponds	1.41m	_____
9	12451 Armeet Singh		Blacktown	1.30m	_____
10	1907 Cooper Finch		Hills District	1.41m	_____
11	35339 Brodie Williams		Emu Plains	1.45m	_____
12	8775 Dean Grant		Winston Hills	1.25m	_____
13	20651 Seth Adams		Riverstone	1.30m	_____
14	37935 Damon Townsend		Rouse Hill	1.37m	_____
15	2215 Aarush Anandh		Hills District	1.30m	_____

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Event 22 Boys U 12 - Javelin (400 Gram) (16)**Saturday 18/02/2023 - 12:45 PM****Region: 33.62m 19/02/2022 Mitchell Klomp****State: 40.48m 21/03/2015 Daniel Menin**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	24560 Conan Mcgaughey		Werrington	20.75m	_____
2	20751 Roman Iori		Riverstone	24.28m	_____
3	19826 Shresth Rao Naibi Srig		Quakers Hill	12.50m	_____
4	8755 Patrick Waddington		Winston Hills	14.32m	_____
5	23375 Zak Riley		Tallawong Park	13.41m	_____
6	16114 Samuel Dunn		Hawkesbury City	18.78m	_____
7	32334 Dylan Mcdonald		Rouse Hill	14.18m	_____
8	14631 Denzel Odhiambo		Emu Plains	18.66m	_____
9	19625 Seth Rigoli		Prospect	14.04m	_____
10	19046 Hague Asare		Nepean	26.85m	_____
11	8470 Ben Parsell		The Ponds	21.34m	_____
12	2313 Gabriel Plummer		Hills District	15.92m	_____
13	19107 Jordan Jara		Nepean	3.38m	_____
14	8904 Taine Katalinic		Winston Hills	28.46m	_____
15	2264 Hayden Free		Hills District	31.76m	_____
16	23401 Darcy Waring		Tallawong Park	17.32m	_____

Event 23 Boys U 11 - Javelin (400 Gram) (13)**Saturday 18/02/2023 - 2:15 PM****Region: 32.94m 20/02/2016 Muhumuza Guma****State: 35.48m 24/03/2018 Liam Sykes**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	12498 Jaskarn Singh		Blacktown	14.46m	_____
2	12375 Liam Fahey		Blacktown	17.25m	_____
3	2204 Balhaar Bal		Hills District	12.16m	_____
4	8719 Hayden Martin		Winston Hills	23.43m	_____
5	24599 Eli Simpson		Werrington	16.35m	_____
6	8575 London Veal		The Ponds	20.58m	_____
7	21598 Isaac Portelli		Rouse Hill	21.17m	_____
8	12554 Kylan Zammit		Blacktown	11.07m	_____
9	17019 Michael Giffney		Kings Langley	21.03m	_____
10	34828 Memphis Malong		Hills District	15.20m	_____
11	1732 Ronan Phung		Hills District	16.65m	_____
12	8962 Jake Donovan		Winston Hills	17.85m	_____
13	19765 Fraser Reynolds-Nutt		Quakers Hill	28.86m	_____

Event 24 Girls U 12 - Javelin (400 Gram) (16)**Saturday 18/02/2023 - 4:55 PM****Region: 32.08m 16/02/2018 Rachel Bardney****State: 34.42m 21/03/2015 Lianna Davidson**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1953 Madison Harris		Hills District	24.81m	_____
2	8733 Somer Zapatero		Winston Hills	17.71m	_____
3	33965 Jasmine Metcalfe		Doonside	8.66m	_____
4	14714 Bonnie Clark		Emu Plains	9.38m	_____
5	8723 Katty Naylor		Winston Hills	19.90m	_____
6	33952 Hannah Farag		Doonside	12.40m	_____
7	14724 Anna Coburn		Emu Plains	11.76m	_____
8	26757 Sarah Galea		Cranebrook	22.61m	_____
9	20747 Summer Hay		Riverstone	16.90m	_____
10	16112 Krystal Emme		Hawkesbury City	20.73m	_____
11	8738 Sanjana Iyer		Winston Hills	25.14m	_____
12	1902 Isabella Ferris		Hills District	12.97m	_____
13	21602 Ella Caines		Rouse Hill	19.52m	_____
14	13974 Isabella-Maria Parker		Doonside	12.81m	_____
15	23338 Mikayla Findlay		Tallawong Park	8.72m	_____
16	34282 Summer Amituanai		Emu Plains	10.70m	_____

Event 25 Girls U 17 - Javelin (500 Gram) (16)**Saturday 18/02/2023 - 5:15 PM****Region: 42.34m 9/02/2020 Amelia McIlwaine****State: 52.66m 16/03/2019 Lianna Davidson**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1691 Moana Appleby		Lethbridge Park	14.75m	_____
2	1978 Sophie Miller		Hills District	20.02m	_____
3	20721 Courtney Kitching		Riverstone	31.14m	_____
4	37721 Kirra Gibson		Blacktown	21.50m	_____
5	19085 Leah Westcott		Nepean	15.00m	_____
6	8720 Vanessa Apel		Winston Hills	41.82m	_____
7	8864 Clare Grubba		Winston Hills	25.62m	_____
8	14051 Amayah Burns		Doonside	23.48m	_____
9	8977 Rachel Bardney		Winston Hills	30.70m	_____
10	24595 Emma Matthias		Werrington	33.82m	_____
11	1936 Joelle Tham		Hills District	24.46m	_____
12	2009 Hayley Schultz		Hills District	28.30m	_____
13	2298 Leilani Taufa		Hills District	20.84m	_____
14	12555 Taya Zammit		Blacktown	16.92m	_____
15	24594 Tara Hughes		Werrington	24.83m	_____
16	19000 Gemma Elliott-swann		Nepean	26.37m	_____

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Event 26 Boys U 13 - Javelin (600 Gram) (16)**Saturday 18/02/2023 - 3:25 PM**

Region: 36.64m 7/02/2020 Daniel Kasozi
State: 48.80m 18/03/2007 Shane Nicholls

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1687 Panagiotis Kaena		Lethbridge Park	8.90m	_____
2	11418 Hayze Fualau		Minchinbury	16.67m	_____
3	2316 Mitchell Klomp		Hills District	31.58m	_____
4	8826 Aaron Chevalier		Winston Hills	32.88m	_____
5	32392 Flynn Van Middeldyk		Rouse Hill	17.86m	_____
6	35344 Johnny Farrugia		Emu Plains	15.79m	_____
7	1995 Stirling Post		Hills District	20.78m	_____
8	9428 Casey White		Colyton St Clair	17.99m	_____
9	2127 Jake Thomas		Hills District	17.82m	_____
10	23358 Cooper Findlay		Tallawong Park	20.23m	_____
11	8795 Charlie Andrews		Winston Hills	26.56m	_____
12	9511 Brody Watson		Colyton St Clair	19.86m	_____
13	13981 Eli Ma'u		Doonside	21.51m	_____
14	24730 Jack Woodgate		Werrington	11.90m	_____
15	32375 Hunter Gravina		Rouse Hill	14.02m	_____
16	2156 Hayden Greenwood		Hills District	19.72m	_____

Event 27 Boys U 15 - Javelin (700 Gram) (14)**Saturday 18/02/2023 - 6:25 PM**

Region: 49.19m 21/02/2015 Aaron Keene
State: 59.69m 15/02/2014 Cameron McEntyre

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	2350 Teaghan Negri		Hills District	24.12m	_____
2	9407 Jacob Watts		Colyton St Clair	12.46m	_____
3	19115 James Schofield		Nepean	35.05m	_____
5	30532 Joshua Bernard		The Ponds	27.86m	_____
6	19620 Xander Rigoli		Prospect	18.05m	_____
7	8744 Henry Andrews		Winston Hills	34.06m	_____
8	8972 Rohnan Lindsay		Winston Hills	30.92m	_____
9	12551 Bradley Yousef		Blacktown	12.02m	_____
10	17209 Lachlan Metcalfe		Kings Langley	39.24m	_____
11	17193 Riley Duncum		Kings Langley	25.96m	_____
12	8848 Declan Abela		Winston Hills	35.66m	_____
13	16111 Tory Emme		Hawkesbury City	21.48m	_____
14	1977 Cillian Miller		Hills District	26.70m	_____
15	8452 Jad Nasser		The Ponds	22.48m	_____

Event 28 Girls U 14 - Javelin (400 Gram) (14)**Saturday 18/02/2023 - 6:05 PM**

Region: 45.40m 9/02/2019 Ariana Levy
State: 52.23m 18/03/2017 Lianna Davidson

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	32374 Charlie Gravina		Rouse Hill	21.30m	_____
2	2233 Eden Millhouse		Hills District	25.78m	_____
3	40862 Lillyava Brenner		Werrington	12.99m	_____
4	8469 Georgia Parsell		The Ponds	16.22m	_____
5	8279 Amy Christie		The Ponds	17.63m	_____
6	30475 Olivia Briggs		The Ponds	20.73m	_____
7	19776 Jasmine Kaur		Quakers Hill	17.55m	_____
8	1870 Jordyn Deen		Hills District	28.23m	_____
9	20820 Marlee Gill		Riverstone	35.01m	_____
10	26747 Jemma Camilleri		Cranebrook	34.13m	_____
11	1795 Hannah King		Hills District	31.96m	_____
12	12553 Reeghan Zammit		Blacktown	13.92m	_____
13	2836 Kaiah Wong		Mt Druitt	ND	_____
14	1788 Isabella West		Hills District	23.33m	_____

Event 29 Boys U 14 - Javelin (600 Gram) (14)**Saturday 18/02/2023 - 7:15 PM**

Region: 43.24m 9/02/2020 Toby Camilleri
State: 56.87m 18/03/2001 Jonathon Wynn

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	2371 Aidan Siney		Hills District	19.44m	_____
2	14648 Archie King		Emu Plains	19.65m	_____
3	2265 Keegan Free		Hills District	35.26m	_____
4	1611 Anthony Bartley		Lethbridge Park	11.78m	_____
5	1842 Douglas Windress		Hills District	23.06m	_____
6	2144 Matthew Timbs		Hills District	13.40m	_____
7	1600 Jamie Chestnut		Lethbridge Park	10.47m	_____
8	24561 Elias Mcgaughey		Werrington	30.80m	_____
9	12374 Lachlan Fahey		Blacktown	12.21m	_____
10	1907 Cooper Finch		Hills District	20.86m	_____
11	2195 Ethan Tait		Hills District	24.70m	_____
12	40854 Kaihana Wadell-scanla		Werrington	24.48m	_____
13	1921 Vincent Contini		Hills District	18.78m	_____
14	8969 Alex Bayliss		Winston Hills	28.80m	_____

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Event 30 Boys U 17 - Javelin (700 Gram) (16)**Saturday 18/02/2023 - 7:35 PM****Region: 61.86m 19/02/2017 Aaron Keene****State: 68.40m 24/03/2013 Rhys Stein**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	2131 Daniel Kasozi		Hills District	52.50m	_____
2	19636 Bradley Kwok		Prospect	26.41m	_____
3	14722 Riley Coburn		Emu Plains	22.77m	_____
4	17194 Lochlan Duncum		Kings Langley	34.22m	_____
5	19603 Alex Ienna		Prospect	25.31m	_____
6	19918 Cody Kingcott		Quakers Hill	34.99m	_____
7	19635 Bradwell Kwok		Prospect	39.91m	_____
8	8724 Ajay Konantambigi		Winston Hills	23.74m	_____
9	23365 Alexander Ayre		Tallawong Park	26.75m	_____
10	19595 Zackary Armitage		Prospect	30.78m	_____
11	35865 Caleb Quass (T/F20)		Colyton St Clair	9.90m	_____
12	28853 Cooper Levy		Werrington	25.25m	_____
13	1709 Tamas Sasinszki		Lethbridge Park	32.94m	_____
14	19812 Caleb Torrisheba		Quakers Hill	38.28m	_____
15	26764 Toby Camilleri		Cranebrook	55.93m	_____
16	8813 Isaac Chevalier		Winston Hills	47.40m	_____

Event 31 Boys U 10 - Long Jump (15)**Saturday 18/02/2023 - 8:00 AM****Region: 4.40m 21/02/2015 Jesse McLean****State: 5.17m 16/03/1980 Martin Moore**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	25621 Koen Beale		Penrith	3.66m	_____
2	24669 Jax McAvoy		Werrington	3.91m	_____
3	19638 Ben Spadaro		Prospect	3.82m	_____
4	21608 Chase Mattiazzo		Rouse Hill	3.90m	_____
5	9430 Levi White		Colyton St Clair	3.79m	_____
6	14672 Arthur Balkin		Emu Plains	3.75m	_____
7	20658 Vidyut Arulraj		Riverstone	4.11m	_____
8	14732 Rigby Brangwin-white		Emu Plains	3.83m	_____
9	14071 Francis Fernando		Doonside	3.79m	_____
10	8869 Tayem Reading		Winston Hills	3.61m	_____
11	14669 Levi Holden		Emu Plains	3.87m	_____
12	19558 Patrick Boafo		Prospect	3.95m	_____
13	20690 Hudson Free		Riverstone	3.64m	_____
14	8512 Toby Said		The Ponds	3.46m	_____
15	21619 Aaron Qu		Rouse Hill	3.71m	_____

Event 32 Boys U 15 - Long Jump (14)**Saturday 18/02/2023 - 9:30 AM****Region: 6.36m 17/02/2018 Laud Codjoe****State: 7.12m 20/03/2009 Thomas Soliman**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1804 Cooper Thorpe		Hills District	5.01m	_____
2	1908 Taylan Weissel		Hills District	5.51m	_____
3	19140 Nikhil Jowaheer		Nepean	4.26m	_____
4	17061 William Richardson		Kings Langley	4.10m	_____
5	19582 Derrick Acellam Oyoo		Prospect	4.22m	_____
6	16065 Luca de Burnay Thom		Hawkesbury City	5.85m	_____
7	41177 Hussain Akram		Nepean	3.66m	_____
8	2050 Liam Hayes		Hills District	6.06m	_____
9	25550 Luke Alderson		Penrith	5.32m	_____
10	12395 Kushal Mariguddi		Blacktown	4.54m	_____
11	19811 Rhyu Torrisheba		Quakers Hill	4.78m	_____
12	8971 Yulin Li		Winston Hills	4.98m	_____
13	21742 Matthew Cook		Rouse Hill	5.13m	_____
14	2071 Nitesh Raj Vaidyam		Hills District	5.50m	_____

Event 33 Boys U 12 - Long Jump (15)**Saturday 18/02/2023 - 11:00 AM****Region: 5.20m 16/02/2013 Shane Munaweera****State: 5.86m 17/03/1996 Michael Doggett**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	40874 Ebosioigwe Ugbohmeh		Werrington	3.91m	_____
2	14671 Remy Cross		Emu Plains	3.75m	_____
3	37181 Jye Aney-Fuller		Hawkesbury City	4.22m	_____
4	32384 Disas Akain Premachari		Rouse Hill	3.74m	_____
5	8470 Ben Parsell		The Ponds	4.03m	_____
6	20654 Khai Aldaba		Riverstone	3.88m	_____
7	8262 Cohen Burville		The Ponds	4.42m	_____
8	2113 Xavier Scheepers		Hills District	3.77m	_____
9	21650 Blake Spencer		Rouse Hill	4.17m	_____
10	1833 Elijah Zackey		Hills District	4.03m	_____
11	19158 Aiden Lawn		Nepean	2.78m	_____
12	14007 Jarwyn Quartey		Doonside	3.63m	_____
13	17172 Tristan Prosser-Shaw		Kings Langley	3.75m	_____
14	23337 Noah Bajada		Tallawong Park	4.46m	_____
15	21593 James Loughhead		Rouse Hill	4.18m	_____

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Event 34 Girls U 13 - Long Jump (16)**Saturday 18/02/2023 - 12:30 PM****Region: 5.14m 9/02/2019 Raphaila Idris****State: 5.58m 16/03/2019 Delta Amidzovski**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	33953 Amelia Farag		Doonside	3.83m	_____
2	1962 Summer Paki		Hills District	4.31m	_____
3	1827 Beyza Sevdibas		Hills District	4.76m	_____
4	36379 Emily Mitchell		Hills District	4.13m	_____
5	2268 Ishanvi Tiwari		Hills District	4.30m	_____
6	19921 Caitlyn Wise		Quakers Hill	3.86m	_____
7	32370 Ivie Figueroa		Rouse Hill	3.98m	_____
8	14049 Isabella Delany		Doonside	3.85m	_____
9	19901 Bronte Parkin		Quakers Hill	4.19m	_____
10	14593 Torah Smythe		Emu Plains	3.79m	_____
11	16095 Tamara Davies		Hawkesbury City	4.45m	_____
12	24568 Hannah Loxley		Werrington	4.08m	_____
13	26730 Chelsea Attwill		Cranebrook	4.29m	_____
14	32367 Isobel Deane		Rouse Hill	4.10m	_____
15	24636 Laylah Golden		Werrington	3.80m	_____
16	8822 Amelia Johnston		Winston Hills	4.02m	_____

Event 35 Boys U 17 - Long Jump (17)**Saturday 18/02/2023 - 2:00 PM****Region: 6.59m 15/02/2014 Jordan Coleman****State: 7.28m 18/03/2017 Alex Willett**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	8973 Aryan Ryan		Winston Hills	5.50m	_____
2	23365 Alexander Ayre		Tallawong Park	5.77m	_____
3	8696 Zachary Redwood		Winston Hills	5.75m	_____
4	23348 Lachlan Findlay		Tallawong Park	5.01m	_____
5	1830 Jayeola Sunmola		Hills District	5.98m	_____
6	41205 Junior Pita		Nepean	4.02m	_____
7	2216 Marc Milton-White		Hills District	5.34m	_____
8	9491 Cameron Goddard		Colyton St Clair	5.22m	_____
9	12439 Luke Vrataric		Blacktown	ND	_____
10	16100 Cameron Davies		Hawkesbury City	6.03m	_____
11	8915 Lucas Scerri		Winston Hills	5.90m	_____
12	40876 Osione Ugbohmeh		Werrington	6.03m	_____
13	41204 Athiei Deng		Nepean	4.29m	_____
14	19812 Caleb Torrisheba		Quakers Hill	6.12m	_____
15	2122 Faris Khan		Hills District	5.30m	_____
16	8803 Caeleb Henderson		Winston Hills	5.63m	_____
17	19595 Zackary Armitage		Prospect	5.03m	_____

Event 36 Boys U 15-17 Multi Class Long Jump (2)**Saturday 18/02/2023 - 2:00 PM****Region: 2.46m 19/02/2022 Lowndes Motler (T/F20)**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	35865 Caleb Quass (T/F20))		Colyton St Clair	ND	_____
2	24640 Lowndes Motler (T/F20)		Werrington	ND	_____

Event 37 Girls U 14 - Long Jump (16)**Saturday 18/02/2023 - 3:30 PM****Region: 5.38m 18/02/2018 Jessica Laurance****State: 5.87m 18/03/2017 Tomysha Clark**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1836 Elanur Kadayifci		Hills District	4.36m	_____
2	38877 Kasey Wallace		Quakers Hill	4.19m	_____
3	26761 Amelia Griggs		Cranebrook	3.12m	_____
4	20705 Lara Roberts		Riverstone	4.07m	_____
5	8232 Kiana Banza		The Ponds	3.36m	_____
6	2097 Eva Everson		Hills District	3.60m	_____
7	8801 Caitlyn Martin		Winston Hills	5.08m	_____
8	40862 Lillyava Brenner		Werrington	2.97m	_____
9	2275 Sophie Saxon		Hills District	4.19m	_____
10	2112 Ruby Scheepers		Hills District	4.01m	_____
11	16164 Abigail Lord		Hawkesbury City	3.79m	_____
12	25379 Mia Brown		Penrith	3.47m	_____
13	19131 Taylah Conway		Nepean	3.93m	_____
14	21682 Flynn Cowper		Rouse Hill	4.25m	_____
15	30475 Olivia Briggs		The Ponds	3.33m	_____
16	8469 Georgia Parsell		The Ponds	3.29m	_____

Event 38 Boys U 8 - Long Jump (16)**Saturday 18/02/2023 - 9:30 AM****Region: 3.79m 19/02/2017 Joseph Ezekiel****State: 4.24m 22/02/1987 Steven Grant**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	19573 Tyga-John Saad		Prospect	2.88m	_____
2	24610 Chase Hodgins		Werrington	3.10m	_____
3	26758 Riley Hawkings		Cranebrook	3.10m	_____
4	8756 Patrick Morris		Winston Hills	3.16m	_____
5	25427 Maximus Auva'a		Penrith	2.91m	_____
6	25614 Minon Molligoda		Penrith	2.99m	_____
7	11462 Nullah Clarke		Minchinbury	2.65m	_____
8	14602 Oliver Copeland		Emu Plains	3.42m	_____
9	1864 Daly Goodsir		Hills District	3.24m	_____
10	26782 Chase Swift		Cranebrook	3.29m	_____
11	1854 John Angelinas		Hills District	3.07m	_____
12	9435 Nixon Bell		Colyton St Clair	3.00m	_____
13	33958 Meth Agampodi DE Zc		Doonside	3.09m	_____
14	23352 Felix Gartshore		Tallawong Park	2.79m	_____
15	2261 Liam Masters		Hills District	3.17m	_____
16	8773 Michael Reynolds		Winston Hills	3.12m	_____

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Event 39 Girls U 10 - Long Jump (15)**Saturday 18/02/2023 - 11:00 AM**

Region: 4.41m 21/02/2015 Clara Nourdine
State: 4.75m 24/03/1991 Rosemary Hayward

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	8259 Maya Bryant		The Ponds	3.47m	_____
2	19597 Faith Jones		Prospect	3.21m	_____
3	1912 Ellie Benfield		Hills District	3.78m	_____
4	17081 Imogen Wynne		Kings Langley	3.41m	_____
5	25507 Briar Auva'a		Penrith	3.70m	_____
6	14658 Harper Egglestone		Emu Plains	3.45m	_____
7	2260 Ruby Masters		Hills District	3.48m	_____
8	2180 Maisie Brown		Hills District	3.52m	_____
9	9408 Matilda Watts		Colyton St Clair	3.62m	_____
10	19531 Haven Puapua		Prospect	3.51m	_____
11	25493 Alanna Thornton		Penrith	3.70m	_____
12	8814 Imogen Carter		Winston Hills	3.18m	_____
13	8261 Arielle Burville		The Ponds	3.67m	_____
14	20653 Brae Aldaba		Riverstone	3.22m	_____
15	21597 Milla Mare		Rouse Hill	3.28m	_____

Event 40 Boys U 13 - Long Jump (16)**Saturday 18/02/2023 - 12:30 PM**

Region: 5.60m 17/02/2013 Anthony Gale
State: 6.11m 19/03/2006 Kurt Jenner

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	35516 Onel Patabendige		Quakers Hill	3.65m	_____
2	14718 Liam Mcsweeney		Emu Plains	4.00m	_____
3	21616 Alexander Benforte		Rouse Hill	4.72m	_____
4	1755 Mekael Khan		Hills District	5.00m	_____
5	34818 Jet Heah		Hills District	4.96m	_____
6	1784 Lachlan Albert		Hills District	4.45m	_____
7	19810 Kori Torrisheba		Quakers Hill	3.71m	_____
8	24730 Jack Woodgate		Werrington	3.91m	_____
9	8909 Noah Scerri		Winston Hills	4.06m	_____
10	23380 Thomas Clarke		Tallawong Park	3.99m	_____
11	1889 Nate Bultitude		Hills District	4.12m	_____
12	8845 Thomas Emanuel		Winston Hills	4.08m	_____
13	23407 Joshua Faulkner		Tallawong Park	3.69m	_____
14	9511 Brody Watson		Colyton St Clair	4.50m	_____
15	24642 Timothy Peters		Werrington	3.70m	_____
16	8826 Aaron Chevalier		Winston Hills	4.80m	_____

Event 41 Girls U 8 - Long Jump (16)**Saturday 18/02/2023 - 2:00 PM**

Region: 3.47m 18/02/2018 Olivia Scott-Rogers
State: 4.17m 2/03/1986 Danya Kerr

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	32341 Olive Phelan		Rouse Hill	2.66m	_____
2	8439 Tayler Morgan		The Ponds	2.74m	_____
3	16601 Olivia Hayek		Emu Plains	2.65m	_____
4	19754 Amelia Oxley		Quakers Hill	3.07m	_____
5	19805 Sierra Longhurst		Quakers Hill	2.69m	_____
6	19034 Tamanna Chaudhary		Nepean	2.86m	_____
7	8735 Shreya Iyer		Winston Hills	3.43m	_____
8	8771 Eden Carmichael		Winston Hills	2.72m	_____
9	30603 Keeley Gabriel		The Ponds	2.79m	_____
10	14609 Mia Egglestone		Emu Plains	2.93m	_____
11	2294 Katalina Taufu		Hills District	2.86m	_____
12	8728 Zoe Zapatero		Winston Hills	2.79m	_____
13	12523 Isalia Savea		Blacktown	2.63m	_____
14	1763 Lucie Csirszka		Hills District	2.69m	_____
15	8786 Lucy Graham		Winston Hills	2.73m	_____
16	35332 Taneeka Talaia		Emu Plains	2.93m	_____

Event 42 Girls U 14 - Shot Put (3.0 Kg) (13)**Saturday 18/02/2023 - 8:00 AM**

Region: 12.05m 19/02/2022 Ava Masic
State: 15.94m 22/03/2013 Grace Robinson

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1788 Isabella West		Hills District	10.04m	_____
2	9406 Zhaliya Tanielu-park		Colyton St Clair	10.68m	_____
3	26747 Jemma Camilleri		Cranebrook	8.76m	_____
4	25546 Mannat Mann		Penrith	6.41m	_____
5	19131 Taylah Conway		Nepean	6.54m	_____
6	19557 Vera Boafo		Prospect	7.99m	_____
7	19776 Jasmine Kaur		Quakers Hill	7.20m	_____
8	2233 Eden Millhouse		Hills District	6.59m	_____
9	17083 Lacey Wynne		Kings Langley	8.96m	_____
10	2836 Kaihia Wong		Mt Druitt	ND	_____
11	30475 Olivia Briggs		The Ponds	6.97m	_____
12	8469 Georgia Parsell		The Ponds	6.82m	_____
13	40862 Lillyava Brenner		Werrington	5.89m	_____

Event 43 Girls U 13-14 Multi Class Shot Put (1)**Saturday 18/02/2023 - 8:00 AM**

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

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	41198 Lesieli Mokofisi (T/F20)		Nepean	ND	_____

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Event 44 Girls U 17 - Shot Put (3.0 Kg) (15)**Saturday 18/02/2023 - 9:30 AM**

Region: 13.64m 10/02/2019 Sally Shokry
State: 16.29m 18/02/2012 Taylah Sengul

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1762 Lucy Fuccenecco		Hills District	9.62m	_____
2	14051 Amayah Burns		Doonside	9.08m	_____
3	1863 Marley McKenzie		Hills District	9.25m	_____
4	25578 Chloe Burrows		Penrith	7.20m	_____
5	8977 Rachel Bardney		Winston Hills	13.04m	_____
6	32356 Amelia Odell		Rouse Hill	8.31m	_____
7	20721 Courtney Kitching		Riverstone	11.27m	_____
8	26752 Stephanie Galea		Cranebrook	8.79m	_____
9	8864 Clare Grubba		Winston Hills	10.20m	_____
10	12555 Taya Zammit		Blacktown	8.52m	_____
11	19610 Achol Mow		Prospect	9.25m	_____
12	33491 Sienna Lindsay		Winston Hills	7.94m	_____
13	8720 Vanessa Apel		Winston Hills	11.15m	_____
14	1691 Moana Appleby		Lethbridge Park	7.91m	_____
15	24595 Emma Matthias		Werrington	13.27m	_____

Event 45 Girls U 15-17 Multi Class Shot Put (1)**Saturday 18/02/2023 - 9:30 AM**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	25541 Michayla Espie (T/F20)		Penrith	ND	_____

Event 46 Boys U 15 - Shot Put (4.0 Kg) (14)**Saturday 18/02/2023 - 11:00 AM**

Region: 16.03m 19/02/2022 Daniel Kasozi
State: 19.62m 18/03/2011 Tepai Moeroa

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	19115 James Schofield		Nepean	13.29m	_____
2	17193 Riley Duncum		Kings Langley	9.73m	_____
3	25502 Sanka Koswattage		Penrith	6.34m	_____
4	9407 Jacob Watts		Colyton St Clair	4.80m	_____
5	38862 Julio-Xavier Tatupu		Quakers Hill	ND	_____
6	8972 Rohnan Lindsay		Winston Hills	12.27m	_____
7	12551 Bradley Yousef		Blacktown	5.90m	_____
8	41177 Hussain Akram		Nepean	6.33m	_____
9	35518 Dominic-Xavier Tatupu		Quakers Hill	ND	_____
10	41094 Dominic Apulu		Lethbridge Park	7.04m	_____
11	16111 Tory Emme		Hawkesbury City	8.96m	_____
12	8843 Kael Mclean		Winston Hills	10.81m	_____
13	2248 Luke Williams		Hills District	11.32m	_____
14	32373 Cooper Gravina		Rouse Hill	9.12m	_____

Event 47 Boys U 11 - Shot Put (2.0 Kg) (16)**Saturday 18/02/2023 - 12:30 PM**

Region: 13.29m 19/02/2016 Muhumuza Guma
State: 14.42m 19/03/2011 Payne Haas

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1752 Xavier Eason		Hills District	8.77m	_____
2	32383 Evin Ayod Premachand		Rouse Hill	9.26m	_____
3	19113 Declan Downes		Nepean	5.54m	_____
4	8411 Vikrant Reddy Maddiral		The Ponds	6.70m	_____
5	24599 Eli Simpson		Werrington	8.52m	_____
6	35517 Jeremiah Xyndel Tatup		Quakers Hill	10.62m	_____
7	19765 Fraser Reynolds-Nutt		Quakers Hill	10.32m	_____
8	19735 Nate Nand		Quakers Hill	8.59m	_____
9	17019 Michael Giffney		Kings Langley	9.03m	_____
10	25608 Gavinu Wijayarathna		Penrith	4.60m	_____
11	8575 London Veal		The Ponds	7.04m	_____
12	14605 Ryley Coote		Emu Plains	7.57m	_____
13	8719 Hayden Martin		Winston Hills	7.56m	_____
14	8274 Sudhith Chittam Ramesh		The Ponds	7.39m	_____
15	1732 Ronan Phung		Hills District	6.95m	_____
16	21598 Isaac Portelli		Rouse Hill	8.87m	_____

Event 48 Girls U 13 - Shot Put (3.0 Kg) (16)**Saturday 18/02/2023 - 2:00 PM**

Region: 12.39m 19/02/2022 Kaiah Wong
State: 14.95m 24/03/2012 Grace Robinson

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	25519 Ava Gregory		Penrith	6.66m	_____
2	24636 Laylah Golden		Werrington	7.45m	_____
3	2135 Ruby Odbert		Hills District	6.61m	_____
4	12550 Hayley Yousef		Blacktown	6.35m	_____
5	14035 Savannah Hill		Doonside	7.98m	_____
6	1962 Summer Paki		Hills District	8.58m	_____
7	41195 Kiarna Bretschneider		Nepean	6.60m	_____
8	19728 Larissa Ingram		Quakers Hill	7.02m	_____
9	1906 Katie Worrall		Hills District	6.59m	_____
10	21750 Laura Eustace		Rouse Hill	6.16m	_____
11	14016 Hanna Masic		Quakers Hill	9.83m	_____
12	37800 Poppy Jennings		Winston Hills	7.45m	_____
13	33953 Amelia Farag		Doonside	6.74m	_____
14	1781 Jade Tan		Hills District	6.18m	_____
15	9555 Alexis South		Colyton St Clair	7.85m	_____
16	21570 Talia Beattie		Rouse Hill	6.31m	_____

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Event 49 Girls U 9 - Shot Put (2.0 Kg) (16)**Saturday 18/02/2023 - 8:00 AM****Region: 7.42m 21/02/2015 Rachel Bardney****State: 9.23m 1/03/2014 Maliyah Osbaldiston**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	11322 Chloe Davis		Minchinbury	3.76m	_____
2	14649 Antonia Powter		Emu Plains	4.79m	_____
3	2288 Ariana Elkadi		Hills District	4.24m	_____
4	25509 Keira Alderson		Penrith	3.53m	_____
5	37974 Diandra Anya Premach		Rouse Hill	6.28m	_____
6	2395 Mia Spasovic		Hills District	4.80m	_____
7	19875 Elle Narkjang		Quakers Hill	3.60m	_____
8	41193 Millie Okell		Nepean	4.52m	_____
9	8870 Sela Wolfgramm		Winston Hills	4.96m	_____
10	20663 Elizabeth Day		Riverstone	4.24m	_____
11	1698 Lillith Smith		Lethbridge Park	3.87m	_____
12	19003 Sophie Maloney		Nepean	5.36m	_____
13	19464 Grace Fenech		Prospect	4.67m	_____
14	8907 Olivia Scerri		Winston Hills	4.17m	_____
15	1986 Shehari Singh		Hills District	4.64m	_____
16	32432 Saanvi Saravana		Rouse Hill	4.83m	_____

Event 50 Boys U 9 - Shot Put (2.0 Kg) (16)**Saturday 18/02/2023 - 9:30 AM****Region: 8.93m 18/02/2017 Lachlan Metcalfe****State: 11.33m 20/03/1999 Jamal Idris**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	12548 Jack Rezkallah		Blacktown	4.88m	_____
2	1974 Evan Rogulski		Hills District	5.34m	_____
3	8249 Jackson Brown		The Ponds	5.30m	_____
4	19077 Harrison Forth		Nepean	6.54m	_____
5	33824 Finley Power		Hills District	5.51m	_____
6	9405 Zaviar Tanielu-park		Colyton St Clair	6.01m	_____
7	14642 Christian Simpson		Emu Plains	5.34m	_____
8	21668 Lucas Langlands		Rouse Hill	5.26m	_____
9	1893 Flynn Howard		Hills District	6.78m	_____
10	2110 Caelan Dixon		Hills District	6.24m	_____
11	26780 Roman Sawaszenko		Cranebrook	5.64m	_____
12	11383 Harlem Pinto		Minchinbury	4.70m	_____
13	14673 Theo Cross		Emu Plains	6.51m	_____
14	1694 Lorenzo Manesa		Lethbridge Park	5.30m	_____
15	19111 Liam Forth		Nepean	5.24m	_____
16	8986 Hugo Brown		Winston Hills	6.16m	_____

Event 51 Girls U 11 - Shot Put (2.0 Kg) (16)**Saturday 18/02/2023 - 11:00 AM****Region: 11.12m 16/02/2018 Emma Matthias****State: 14.07m 18/03/2007 Filoi Aokuso**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1973 Lucia Rogulski		Hills District	6.36m	_____
2	25527 Havana Pagnamenta		Penrith	7.09m	_____
3	40853 Kaliyah-anne Waddell-		Werrington	6.43m	_____
4	20693 Ocean Kennedy		Riverstone	8.90m	_____
5	2835 India Wong		Mt Druitt	8.39m	_____
6	25520 Taylah Pagnamenta		Penrith	7.75m	_____
7	1783 Emily West		Hills District	9.07m	_____
8	20650 Chelsea Adams		Riverstone	6.21m	_____
9	1890 Olivia Ferns		Hills District	6.78m	_____
10	19615 Mikaela Fenech		Prospect	5.64m	_____
11	20701 Mackenzie Kitching		Riverstone	6.06m	_____
12	32429 Jordan Simpson		Rouse Hill	6.47m	_____
13	11358 Lynette Smith		Minchinbury	6.33m	_____
14	16160 Dakota Magrin		Hawkesbury City	5.91m	_____
15	8334 Sanya Gupta		The Ponds	6.52m	_____
16	24579 Lily Pattison		Werrington	5.50m	_____

Event 52 Boys U 8 - Shot Put (1.5 Kg) (16)**Saturday 18/02/2023 - 12:30 PM****Region: 8.98m 21/02/2016 Lachlan Metcalfe****State: 10.98m 6/03/2011 Blake Toohey**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	21560 Leonardo Borgiani		Rouse Hill	5.03m	_____
2	19026 Jaxon Leslie		Nepean	5.40m	_____
3	14602 Oliver Copeland		Emu Plains	5.76m	_____
4	8892 Max Arkins		Winston Hills	5.83m	_____
5	12383 Sandon Stojic		Blacktown	5.10m	_____
6	8420 Alexander Matic		The Ponds	4.77m	_____
7	2060 Ivaan Ahlawat		Hills District	5.17m	_____
8	30632 Ollie Robertson		Cranebrook	6.00m	_____
9	1798 Joshua West		Hills District	7.49m	_____
10	34680 Kyan Fuller		Blacktown	4.49m	_____
11	21759 Alfie Dowling		Rouse Hill	5.02m	_____
12	34821 Matthew Kalina		Hills District	5.73m	_____
13	9435 Nixon Bell		Colyton St Clair	4.99m	_____
14	8574 Malakai Ve		The Ponds	4.81m	_____
15	20710 Kade Murray		Riverstone	4.96m	_____
16	1815 Ashton Delmage		Hills District	5.55m	_____

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Event 53 Boys U 11 - Triple Jump (16)**Saturday 18/02/2023 - 8:00 AM****Region: 9.79m 9/02/2020 Nicholas McNally****State: 11.06m 27/03/1993 David Geddes**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	25553 Lucas Mcpherson		Penrith	7.54m	_____
2	24731 Mitchell Woodgate		Werrington	7.04m	_____
3	16119 Heath Broughton		Hawkesbury City	8.40m	_____
4	8425 Callum McMillian		The Ponds	7.95m	_____
5	33858 Evan Dinsmore		Hills District	8.02m	_____
6	1711 Curtis Wan		Hills District	8.93m	_____
7	20704 Liam Banks		Riverstone	8.40m	_____
8	8286 Mitchell Darlow		The Ponds	8.29m	_____
9	8999 Alexander Nguyen		Winston Hills	8.47m	_____
10	14610 Peter Bachtis		Emu Plains	6.75m	_____
11	19765 Fraser Reynolds-Nutt		Quakers Hill	7.42m	_____
12	25547 Clay Gregory		Penrith	7.84m	_____
13	1935 Weiyi Tang		Hills District	9.39m	_____
14	16136 Isaac Simiana		Hawkesbury City	8.98m	_____
15	8407 Vinal Liyanage		The Ponds	7.59m	_____
16	2022 Dominic Jurkovic		Hills District	8.52m	_____

Event 54 Girls U 15 - Triple Jump (14)**Saturday 18/02/2023 - 9:00 AM****Region: 11.49m 8/02/2020 Olivia Dimech****State: 12.42m 21/03/2004 Alysha House**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	11504 Summer Reynolds		Minchinbury	9.15m	_____
2	32366 Marlee Deane		Rouse Hill	10.00m	_____
3	21600 Lily Caines		Rouse Hill	8.68m	_____
4	2176 Molly Jovanovic		Hills District	7.85m	_____
5	9593 Sophia Lees		Colyton St Clair	9.12m	_____
6	2139 Tanisha Kumar		Hills District	10.38m	_____
7	19853 Samantha Wilkinson		Quakers Hill	8.09m	_____
8	24618 Lilli Kandel		Werrington	10.79m	_____
9	25579 Krystal Burrows		Penrith	6.47m	_____
10	9562 Jessica Dhaliwal		Colyton St Clair	7.77m	_____
11	8577 Andra Vintila		The Ponds	8.30m	_____
12	1847 Amelia Brice		Hills District	8.26m	_____
13	1989 Charlotte Mear		Hills District	8.80m	_____
14	9546 Adriana Borg		Colyton St Clair	10.79m	_____

Event 55 Girls U 17 - Triple Jump (14)**Saturday 18/02/2023 - 11:00 AM****Region: 11.78m 21/02/2015 Taylor Garrett****State: 12.52m 31/01/2016 Jasmine Fountas**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1963 Talahn Paki		Hills District	10.53m	_____
2	2262 Emily Farrell		Hills District	9.08m	_____
3	1936 Joelle Tham		Hills District	9.35m	_____
4	2034 Keya Ramaswamy		Hills District	10.10m	_____
5	19183 Chloe O'Hare		Nepean	9.59m	_____
6	1764 Olivia Bloem		Hills District	10.61m	_____
7	35333 Nekea Talaia		Emu Plains	10.90m	_____
8	24595 Emma Matthias		Werrington	8.21m	_____
9	25578 Chloe Burrows		Penrith	7.65m	_____
10	16126 Elle Brooks		Hawkesbury City	7.89m	_____
11	26759 Caitlyn Griggs		Cranebrook	7.73m	_____
12	20721 Courtney Kitching		Riverstone	8.58m	_____
13	19660 Mia Patel		Prospect	8.31m	_____
14	37721 Kirra Gibson		Blacktown	7.59m	_____

Event 56 Girls U 11 - Triple Jump (16)**Saturday 18/02/2023 - 12:30 PM****Region: 10.02m 21/02/2016 Clara Nouridine****State: 10.38m 21/03/2004 Rebecca Mounsey**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	24612 Charlotte Morris		Werrington	7.85m	_____
2	2170 Emily Deverson		Hills District	8.11m	_____
3	12387 Bronte Carr		Blacktown	8.19m	_____
4	20693 Ocean Kennedy		Riverstone	8.24m	_____
5	19608 Achok Mow		Prospect	7.02m	_____
6	21623 Quinn Bombardiere		Rouse Hill	8.40m	_____
7	24666 Caitlyn Kirchmair		Werrington	7.44m	_____
8	26744 Merkita Rose Jaeger		Cranebrook	6.67m	_____
9	8456 Scarlett Nest		The Ponds	7.94m	_____
10	8959 Michelle Li		Winston Hills	7.35m	_____
11	25543 Matilda-holly Marks		Penrith	7.30m	_____
12	8921 Justice Sugumaran		Winston Hills	8.51m	_____
13	2800 Aaliyah Akbar		Mt Druitt	7.57m	_____
14	20718 Ivy Murray		Riverstone	7.39m	_____
15	2033 Hayley Foley		Hills District	8.12m	_____
16	1923 Ella Greely		Hills District	7.70m	_____

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Starts at	Event	Round	Entries	Heats
8:00 AM	#99 Girls U 9 - 700 Metre Walk	Final	15	1
8:07 AM	#100 Boys U 9 - 700 Metre Walk	Final	12	1
8:14 AM	#101 Girls U 8 - 700 Metre Run Pack Start	Final	16	1
8:18 AM	#102 Boys U 8 - 700 Metre Run Pack Start	Final	16	1
8:22 AM	#103 Girls U 10 - 1100 Metre Walk	Final	15	1
8:31 AM	#104 Boys U 10 - 1100 Metre Walk	Final	10	1
8:40 AM	#105 Girls U 11 - 1100 Metre Walk	Final	12	1
8:40 AM	#106 Boys U 11 - 1100 Metre Walk	Final	7	1
8:49 AM	#107 Girls U 12 - 1500 Metre Walk	Final	14	1
9:01 AM	#108 Boys U 12 - 1500 Metre Walk	Final	11	1
9:13 AM	#109 Girls U 13 - 1500 Metre Walk	Final	10	1
9:13 AM	#110 Boys U 13 - 1500 Metre Walk	Final	5	1
9:25 AM	#111 Girls U 14 - 1500 Metre Walk	Final	5	1
9:25 AM	#112 Boys U 14 - 1500 Metre Walk	Final	1	1
9:25 AM	#113 Girls U 15 - 1500 Metre Walk	Final	3	1
9:25 AM	#114 Boys U 15 - 1500 Metre Walk	Final	4	1
9:37 AM	#115 Girls U 17 - 1500 Metre Walk	Final	8	1
9:37 AM	#116 Boys U 17 - 1500 Metre Walk	Final	3	1
9:59 AM	#117 Boys U 17 - 110 Metre Hurdles (76cm)	Final	9	1
10:04 AM	#118 Girls U 17 - 100 Metre Hurdles (76cm)	Heats	12	2
10:08 AM	#119 Boys U 15 - 100 Metre Hurdles (76cm)	Final	5	1
10:13 AM	#120 Girls U 15 - 90 Metre Hurdles (76cm)	Final	9	1
10:15 AM	#121 Boys U 14 - 90 Metre Hurdles (76cm)	Heats	11	2
10:22 AM	#122 Girls U 14 - 80 Metre Hurdles (76cm)	Heats	11	2
10:26 AM	#123 Boys U 13 - 80 Metre Hurdles (76cm)	Heats	13	2
10:30 AM	#124 Girls U 13 - 80 Metre Hurdles (76cm)	Heats	14	2
10:37 AM	#125 Boys U 12 - 80 Metre Hurdles (68cm)	Heats	16	2
10:41 AM	#126 Girls U 12 - 80 Metre Hurdles (68cm)	Heats	15	2
10:48 AM	#127 Boys U 11 - 80 Metre Hurdles (60cm)	Heats	17	2
10:52 AM	#128 Girls U 11 - 80 Metre Hurdles (60cm)	Heats	16	2
11:06 AM	#129 Girls U 8 - 70 Metre Sprint	Heats	16	2
11:10 AM	#130 Boys U 8 - 70 Metre Sprint	Heats	16	2
11:14 AM	#131 Girls U 9 - 70 Metre Sprint	Heats	16	2
11:20 AM	#132 Boys U 9 - 70 Metre Sprint	Heats	16	2
11:24 AM	#133 Girls U 10 - 70 Metre Sprint	Heats	16	2
11:28 AM	#134 Boys U 10 - 70 Metre Sprint	Heats	16	2
11:42 AM	#135 Boys U 17 - 800 Metre Run	Final	12	1
11:46 AM	#136 Girls U 17 - 800 Metre Run	Final	12	1
11:46 AM	#137 Girls U 15-17 800 Metre Multi Class Run	Final	1	1
11:50 AM	#138 Boys U 15 - 800 Metre Run	Final	11	1
11:54 AM	#139 Girls U 15 - 800 Metre Run	Final	9	1
11:58 AM	#140 Boys U 14 - 800 Metre Run	Final	11	1
11:58 AM	#141 Boys U 13-14 800 Metre Multi Class Run	Final	1	1
12:02 PM	#142 Girls U 14 - 800 Metre Run	Final	14	1
12:06 PM	#143 Boys U 13 - 800 Metre Run	Final	16	1
12:10 PM	#144 Girls U 13 - 800 Metre Run	Final	16	1
12:14 PM	#145 Boys U 12 - 800 Metre Run	Final	16	1

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Starts at	Event	Round	Entries	Heats
12:14 PM	#146 Boys U 11-12 800 Metre Multi Class Run	Final	1	1
12:18 PM	#147 Girls U 12 - 800 Metre Run	Final	14	1
12:22 PM	#148 Boys U 11 - 800 Metre Run	Final	16	1
12:26 PM	#149 Girls U 11 - 800 Metre Run	Final	16	1
12:30 PM	#150 Boys U 10 - 800 Metre Run	Final	16	1
12:34 PM	#151 Girls U 10 - 800 Metre Run	Final	16	1
12:38 PM	#152 Boys U 9 - 800 Metre Run	Final	16	1
12:42 PM	#153 Girls U 9 - 800 Metre Run	Final	16	1
1:16 PM	#154 Girls U 8 - 200 Metre Sprint	Heats	16	2
1:20 PM	#155 Boys U 8 - 200 Metre Sprint	Heats	16	2
1:24 PM	#156 Girls U 17 - 200 Metre Sprint	Heats	16	2
1:28 PM	#157 Boys U 17 - 200 Metre Sprint	Heats	16	2
1:32 PM	#158 Girls U 15 - 200 Metre Sprint	Heats	15	2
1:36 PM	#159 Boys U 15 - 200 Metre Sprint	Heats	16	2
1:40 PM	#160 Girls U 14 - 200 Metre Sprint	Heats	16	2
1:44 PM	#161 Boys U 14 - 200 Metre Sprint	Heats	16	2
1:48 PM	#162 Girls U 13 - 200 Metre Sprint	Heats	17	3
1:54 PM	#163 Boys U 13 - 200 Metre Sprint	Heats	16	2
1:58 PM	#164 Girls U 12 - 200 Metre Sprint	Heats	16	2
2:02 PM	#165 Boys U 12 - 200 Metre Sprint	Heats	16	2
2:06 PM	#166 Girls U 11 - 200 Metre Sprint	Heats	16	2
2:10 PM	#167 Boys U 11 - 200 Metre Sprint	Heats	16	2
2:14 PM	#168 Girls U 10 - 200 Metre Sprint	Heats	16	2
2:18 PM	#169 Boys U 10 - 200 Metre Sprint	Heats	16	2
2:22 PM	#170 Girls U 9 - 200 Metre Sprint	Heats	16	2
2:26 PM	#171 Boys U 9 - 200 Metre Sprint	Heats	16	2
2:50 PM	#172 Girls U 17 - 100 Metre Hurdles (76cm)	Final	0	1u
2:52 PM	#173 Boys U 14 - 90 Metre Hurdles (76cm)	Final	0	1u
2:54 PM	#174 Girls U 14 - 80 Metre Hurdles (76cm)	Final	0	1u
2:56 PM	#175 Boys U 13 - 80 Metre Hurdles (76cm)	Final	0	1u
2:58 PM	#176 Girls U 13 - 80 Metre Hurdles (76cm)	Final	0	1u
3:00 PM	#177 Boys U 12 - 80 Metre Hurdles (68cm)	Final	0	1u
3:02 PM	#178 Girls U 12 - 80 Metre Hurdles (68cm)	Final	0	1u
3:04 PM	#179 Boys U 11 - 80 Metre Hurdles (60cm)	Final	0	1u
3:06 PM	#180 Girls U 11 - 80 Metre Hurdles (60cm)	Final	0	1u
3:18 PM	#181 Girls U 8 - 70 Metre Sprint	Final	0	1u
3:20 PM	#182 Boys U 8 - 70 Metre Sprint	Final	0	1u
3:22 PM	#183 Girls U 9 - 70 Metre Sprint	Final	0	1u
3:24 PM	#184 Boys U 9 - 70 Metre Sprint	Final	0	1u
3:26 PM	#185 Girls U 10 - 70 Metre Sprint	Final	0	1u
3:28 PM	#186 Boys U 10 - 70 Metre Sprint	Final	0	1u
3:50 PM	#187 Girls U 9-12 4x100 Metre Relay (Jnr)	Final	6	1
3:54 PM	#188 Boys U 9-12 4x100 Metre Relay (Jnr)	Final	6	1
3:58 PM	#189 Girls U 12-17 4x100 Metre Relay (Snr)	Final	6	1
4:02 PM	#190 Boys U 12-17 4x100 Metre Relay (Snr)	Final	6	1
4:26 PM	#191 Girls U 8 - 200 Metre Sprint	Final	0	1u
4:28 PM	#192 Boys U 8 - 200 Metre Sprint	Final	0	1u

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Starts at	Event	Round	Entries	Heats
4:30 PM	#193 Girls U 17 - 200 Metre Sprint	Final	0	1u
4:32 PM	#194 Boys U 17 - 200 Metre Sprint	Final	0	1u
4:34 PM	#195 Girls U 11-12 200 Metre Multi Class Run	Final	1	1
4:38 PM	#196 Boys U 11-12 200 Metre Multi Class Run	Final	1	1
4:38 PM	#197 Girls U 15-17 200 Metre Multi Class Run	Final	1	1
4:38 PM	#198 Boys U 15-17 200 Metre Multi Class Run	Final	3	1
4:40 PM	#199 Girls U 15 - 200 Metre Sprint	Final	0	1u
4:42 PM	#200 Boys U 15 - 200 Metre Sprint	Final	0	1u
4:44 PM	#201 Girls U 14 - 200 Metre Sprint	Final	0	1u
4:46 PM	#202 Boys U 14 - 200 Metre Sprint	Final	0	1u
4:48 PM	#203 Girls U 13 - 200 Metre Sprint	Final	0	1u
4:50 PM	#204 Boys U 13 - 200 Metre Sprint	Final	0	1u
4:52 PM	#205 Girls U 12 - 200 Metre Sprint	Final	0	1u
4:54 PM	#206 Boys U 12 - 200 Metre Sprint	Final	0	1u
4:56 PM	#207 Girls U 11 - 200 Metre Sprint	Final	0	1u
4:58 PM	#208 Boys U 11 - 200 Metre Sprint	Final	0	1u
5:00 PM	#209 Girls U 10 - 200 Metre Sprint	Final	0	1u
5:02 PM	#210 Boys U 10 - 200 Metre Sprint	Final	0	1u
5:04 PM	#211 Girls U 9 - 200 Metre Sprint	Final	0	1u
5:06 PM	#212 Boys U 9 - 200 Metre Sprint	Final	0	1u
	Athlete Count: 739		=====	=====
	Entry / Heat Totals:		959	148

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Event 99 Girls U 9 - 700 Metre Walk (15)**Sunday 19/02/2023 - 8:00 AM****Region: 3:39.18 22/02/2015 Jessica Randall****State: 3:21.70 21/03/1999 Natasha Agius**

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
1	2160 Sophie Connellan	Hills District	4:45.95
2	2395 Mia Spasovic	Hills District	5:05.74
3	9590 Lilly Mcsharry	Colyton St Clair	5:00.68
4	37631 Stella Hay	Kings Langley	4:56.97
5	37826 Addison Fahey	Winston Hills	4:54.48
6	2246 Pippa Horsey	Hills District	4:40.60
7	1671 Paige Heap	Lethbridge Park	5:32.10
8	20795 Tora Rochester	Riverstone	5:06.37
9	41193 Millie Okell	Nepean	5:55.65
10	14649 Antonia Powter	Emu Plains	5:23.20
11	1940 Zara Weir	Hills District	5:04.13
12	14079 Madison Adams	Doonside	5:18.22
13	11322 Chloe Davis	Minchinbury	8:16.40
14	20791 Sophiah Ryan	Riverstone	4:41.86
15	19003 Sophie Maloney	Nepean	5:45.57

Event 100 Boys U 9 - 700 Metre Walk (12)**Sunday 19/02/2023 - 8:07 AM****Region: 3:31.95 20/02/2022 Nate Appleyard****State: 3:15.36 20/03/2016 Peter Elliott**

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
1	8852 Joshua Haywood	Winston Hills	4:51.70
2	1948 Hamish Lane	Hills District	4:17.58
3	19060 Cooper Campbell	Nepean	6:10.61
4	2174 Oliver Masik	Hills District	4:18.03
5	2110 Caelan Dixon	Hills District	4:28.56
6	13987 Rhys Straub	Doonside	5:49.15
7	33503 Harrison Duff	Winston Hills	4:18.26
8	19111 Liam Forth	Nepean	6:08.94
9	20728 Hunter Stewart	Riverstone	4:49.64
10	8748 Harrison Bouquet	Winston Hills	4:05.97
11	34638 Ashton Campbell	Quakers Hill	6:35.96
12	8646 Oliver Neill	Winston Hills	4:57.76

Event 101 Girls U 8 - 700 Metre Run Pack Start (16)**Sunday 19/02/2023 - 8:14 AM****Region: 2:32.98 18/02/2018 Olivia Scott-Rogers**

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
1	8728 Zoe Zapatero	Winston Hills	3:08.41
2	26733 Olivia Blackman	Cranebrook	2:52.08
3	8794 Charlotte Arkins	Winston Hills	2:52.86
4	19754 Amelia Oxley	Quakers Hill	2:52.83
5	8753 Felicity Harrison	Winston Hills	3:04.09
6	9553 Chloe Taylor	Colyton St Clair	3:10.96
7	36487 Harper-Mae Honess	Emu Plains	3:00.61
8	14529 Lexie Mccabe	Emu Plains	3:13.46
9	1775 Neave Marris	Hills District	2:51.58
10	23419 Georgia Melcolm	Tallawong Park	3:05.65
11	20702 Mackenzie Bird	Riverstone	2:58.97
12	25472 Pippa Aris	Penrith	3:12.52
13	25544 Marlowe Bale	Penrith	3:02.07
14	19033 Peyton Wassilenko	Nepean	3:05.93
15	14003 Bella Mammoliti	Doonside	3:01.91
16	8439 Tayler Morgan	The Ponds	2:59.94

Event 102 Boys U 8 - 700 Metre Run Pack Start (16)**Sunday 19/02/2023 - 8:18 AM****Region: 2:22.60 18/02/2018 Harrison Ferns**

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
1	16229 Archie Zammit	Hawkesbury City	2:48.86
2	25623 Thomas Beazley	Penrith	2:50.04
3	1972 Jack Lambert	Hills District	2:52.05
4	11344 Benji Mikirtoumov	Minchinbury	2:53.09
5	1798 Joshua West	Hills District	2:32.75
6	21596 Jackson Evans	Rouse Hill	2:52.26
7	8326 Ryansh Garg	The Ponds	3:01.47
8	14002 Blake Petersen	Doonside	2:58.03
9	14602 Oliver Copeland	Emu Plains	2:38.84
10	26758 Riley Hawkings	Cranebrook	2:51.46
11	1845 Thomas Taylor	Hills District	2:39.46
12	14655 Henry Cairns	Emu Plains	2:40.66
13	8892 Max Arkins	Winston Hills	2:53.13
14	11462 Nullah Clarke	Minchinbury	2:49.93
15	8911 Miles Hamilton-Foster	Winston Hills	2:40.10
16	19040 Nate Bateup	Nepean	2:40.92

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Event 103 Girls U 10 - 1100 Metre Walk (15)**Sunday 19/02/2023 - 8:22 AM**

Region: 6:06.68 16/02/2014 Chloe Bell
State: 5:21.20 21/03/2004 Kini Chapple

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
1	19716 Harlow Olson	Quakers Hill	8:03.15
2	8732 Suravi Dey	Winston Hills	8:18.98
3	21731 Alexia Cross	Rouse Hill	9:33.25
4	2260 Ruby Masters	Hills District	6:41.88
5	20719 Isla Banks	Riverstone	6:28.86
6	19157 Skye Lawn	Nepean	7:25.61
7	8451 Naya Nasser	The Ponds	7:37.04
8	2180 Maisie Brown	Hills District	7:08.35
9	8767 Ellie Kennedy	Winston Hills	7:37.69
10	34585 Rochelle Chandrapala	Nepean	9:33.18
11	19891 Zahlia Ciftci	Quakers Hill	7:43.58
12	20700 Matilda Hay	Riverstone	6:56.74
13	19061 Chloe Cambell	Nepean	7:49.48
14	20808 Keira Gill	Riverstone	5:54.43
15	14748 Eva Hetherington	Emu Plains	7:35.13

Event 104 Boys U 10 - 1100 Metre Walk (10)**Sunday 19/02/2023 - 8:31 AM**

Region: 5:38.05 19/02/2017 Peter Elliott
State: 5:01.70 22/03/1998 Luke Fitzgerald

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
1	2155 Mitchell Greenwood	Hills District	7:57.10
2	8764 Nate Appleyard	Winston Hills	5:18.68
3	14071 Francis Fernando	Doonside	8:03.15
4	1993 Aaron Stevenson	Hills District	9:33.95
5	19799 Angus O'Shea	Quakers Hill	8:31.03
6	2263 Riley Free	Hills District	7:58.07
7	16103 Noah Dunn	Hawkesbury City	9:13.73
8	8798 Joshua Waddington	Winston Hills	5:48.79
9	19542 Matthew de Vos	Prospect	9:38.27
10	1961 Orion Paki	Hills District	9:08.48

Event 105 Girls U 11 - 1100 Metre Walk (12)**Sunday 19/02/2023 - 8:40 AM**

Region: 5:37.95 9/02/2020 Matilda Webb
State: 5:01.30 20/03/2005 Kini Chapple

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
1	19170 Dana Francis	Nepean	7:55.59
2	23424 Eden Hampton-Lander	Tallowong Park	8:19.36
3	41183 Aaliyah Waddell	Nepean	7:24.27
4	20718 Ivy Murray	Riverstone	6:06.16
5	12547 Gisele Jagurdzija	Blacktown	7:43.44
6	2835 India Wong	Mt Druitt	8:38.58
7	20701 Mackenzie Kitching	Riverstone	6:12.60
8	1973 Lucia Rogulski	Hills District	6:05.63
9	2375 Macy Simpson	Hills District	6:47.06
10	2162 Alexis Kernaghan	Hills District	6:14.70
11	2190 Stella Dobson	Hills District	7:03.47
12	1890 Olivia Ferns	Hills District	6:48.84

Event 106 Boys U 11 - 1100 Metre Walk (7)**Sunday 19/02/2023 - 8:40 AM**

Region: 5:29.03 18/02/2018 Isaac Beacroft
State: 5:05.80 21/03/1999 Luke Fitzgerald

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
13	1711 Curtis Wan	Hills District	6:41.36
14	8355 Mason Howell	The Ponds	8:31.08
15	2111 Aidan Dixon	Hills District	7:55.03
16	19832 Dinel Patabendige	Quakers Hill	8:39.20
17	8407 Vinal Liyanage	The Ponds	7:30.41
18	19113 Declan Downes	Nepean	10:48.90
19	8920 Lachlan Macheski	Winston Hills	6:21.52

Event 107 Girls U 12 - 1500 Metre Walk (14)**Sunday 19/02/2023 - 8:49 AM**

Region: 7:43.47 21/02/2021 Matilda Webb
State: 6:38.70 20/03/1994 Renee McAskill

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
1	33863 Ivy Mclean	Hills District	10:06.22
2	14630 Effy Bachtis	Emu Plains	10:56.61
3	20773 Chelsea Chapman	Riverstone	8:11.38
4	2315 Alexi Schoeman	Hills District	9:49.93
5	19049 Zoe Mitchell	Nepean	10:30.53
6	2096 Sienna Barra	Hills District	10:56.86
7	2151 Cassidy Southwood	Hills District	9:14.04
8	8913 Maeve Nolan	Winston Hills	10:29.87
9	23354 Emily Dawes	Tallowong Park	10:32.11
10	1917 Layne Swan	Hills District	9:39.04
11	9512 Georgia Watson	Colyton St Clair	9:09.01
12	14730 Sophie Parker	Emu Plains	10:36.65
13	33952 Hannah Farag	Doonside	10:15.11
14	20747 Summer Hay	Riverstone	9:45.11

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Event 108 Boys U 12 - 1500 Metre Walk (11)**Sunday 19/02/2023 - 9:01 AM**

Region: 7:14.49 10/02/2019 Isaac Beacroft
State: 6:45.20 19/03/2000 Luke Fitzgerald

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	33956 Quade Ra		Doonside	12:44.04
2	19158 Aiden Lawn		Nepean	12:55.62
3	16114 Samuel Dunn		Hawkesbury City	9:10.07
4	34621 Brock Doran		Quakers Hill	8:32.49
5	8755 Patrick Waddington		Winston Hills	8:16.70
6	1880 Sagan Jones		Hills District	9:26.30
7	2116 William Buik		Hills District	11:44.38
8	9412 Jarryd Morris		Colyton St Clair	12:56.44
9	19059 Noah Vella		Nepean	11:46.38
10	31977 Jayden Calder		Riverstone	8:47.37
11	23401 Darcy Waring		Tallawong Park	8:34.23

Event 109 Girls U 13 - 1500 Metre Walk (10)**Sunday 19/02/2023 - 9:13 AM**

Region: 7:33.02 17/02/2013 Raquel Roukos
State: 6:35.30 19/03/2006 Shannon Jennings

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	19884 Rose Rostami		Quakers Hill	10:14.47
2	19139 Iyla Jowaheer		Nepean	11:20.78
3	19841 Lexie Beacroft		Quakers Hill	9:28.32
4	2804 Dakota Howie		Mt Druitt	10:51.50
5	34637 Indyana Campbell		Quakers Hill	9:48.90
6	8865 India Webb		Winston Hills	12:19.70
7	8897 Alannah Webber		Winston Hills	10:53.37
8	19742 Emma Hoskins		Quakers Hill	8:12.26
9	1909 Ashleigh Kriesel		Hills District	11:04.02
10	16199 Emily Daly		Hawkesbury City	11:52.18

Event 110 Boys U 13 - 1500 Metre Walk (5)**Sunday 19/02/2023 - 9:13 AM**

Region: 7:24.40 17/02/2013 Kyle Bedford
State: 6:30.40 28/03/1993 David Beacroft

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
11	23407 Joshua Faulkner		Tallawong Park	12:02.27
12	14057 Harley Pittman		Doonside	12:47.39
13	35516 Onel Patabendige		Quakers Hill	10:20.17
14	23358 Cooper Findlay		Tallawong Park	10:24.99
15	8453 Adam Nasser		The Ponds	9:44.83

Event 111 Girls U 14 - 1500 Metre Walk (5)**Sunday 19/02/2023 - 9:25 AM**

Region: 7:18.30 16/02/2014 Raquel Roukos
State: 6:15.40 17/03/1996 Renee McAskill

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	1933 Ella Dickson		Hills District	9:10.12
2	8866 Matilda Webb		Winston Hills	6:54.06
3	8279 Amy Christie		The Ponds	10:11.94
4	40890 Kaitlin Reed		Werrington	10:16.74
5	14595 Tia Bachtis		Emu Plains	8:58.51

Event 112 Boys U 14 - 1500 Metre Walk (1)**Sunday 19/02/2023 - 9:25 AM**

Region: 7:18.83 16/02/2014 Kyle Bedford
State: 6:13.40 19/03/1995 Troy Sundstrom

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
6	9414 Ricky Morris		Colyton St Clair	11:55.02

Event 113 Girls U 15 - 1500 Metre Walk (3)**Sunday 19/02/2023 - 9:25 AM**

Region: 6:52.72 22/02/2015 Raquel Roukos
State: 6:24.20 16/03/1997 Renee McAskill

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
7	19717 Matilda Olson		Quakers Hill	8:45.35
8	17034 Claire Giffney		Kings Langley	9:11.78
9	19800 Ella O'Shea		Quakers Hill	12:44.16

Event 114 Boys U 15 - 1500 Metre Walk (4)**Sunday 19/02/2023 - 9:25 AM**

Region: 6:21.27 20/02/2022 Isaac Beacroft
State: 5:48.10 22/03/1998 Douglas Connolly

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
10	2087 Kane Robson		Hills District	8:24.39
11	9431 Bayley White		Colyton St Clair	9:07.03
12	19140 Nikhil Jowaheer		Nepean	9:08.79
13	8452 Jad Nasser		The Ponds	9:13.23

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Event 115 Girls U 17 - 1500 Metre Walk (8)**Sunday 19/02/2023 - 9:37 AM****Region: 6:44.74 16/02/2014 Jasmine Dighton****State: 6:38.80 17/03/2019 Allannah Pitcher**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	19005 Jessey Bektas		Nepean	8:13.38
2	20729 Chelsea Roberts		Riverstone	7:15.30
3	19004 Abbey Bektas		Nepean	8:34.02
4	8894 Kailey Webber		Winston Hills	9:14.00
5	20730 Chelsea Olbrich		Riverstone	8:23.90
6	25578 Chloe Burrows		Penrith	9:32.70
7	8742 Samantha Torrens		Winston Hills	7:29.14
8	1791 Ella Munroe		Hills District	7:53.11

Event 116 Boys U 17 - 1500 Metre Walk (3)**Sunday 19/02/2023 - 9:37 AM****Region: 6:28.23 19/02/2017 Ryan Thomson****State: 5:56.11 23/03/2014 Tyler Jones**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
9	8824 Aidan Pospischil		Winston Hills	8:30.78
10	19852 Isaac Beacroft		Quakers Hill	NT
11	23400 Oscar Waring		Tallawong Park	9:13.14

Event 117 Boys U 17 - 110 Metre Hurdles (76cm) (9)**Sunday 19/02/2023 - 9:59 AM****Region: 13.92 21/02/2016 Alexander Thompson****State: 13.60 25/03/2018 William Humberstone**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	8803 Caeleb Henderson		Winston Hills	15.76
2	24640 Lowndes Motler (T/F2)		Werrington	25.18
3	1874 Liam Roche		Hills District	14.92
4	16100 Cameron Davies		Hawkesbury City	14.16
5	19918 Cody Kingcott		Quakers Hill	18.38
6	13939 Clayton Knoester		Doonside	20.49
7	16161 Conor McNeill		Hawkesbury City	17.56
8	9491 Cameron Goddard		Colyton St Clair	19.83
9	23348 Lachlan Findlay		Tallawong Park	16.43

Event 118 Girls U 17 - 100 Metre Hurdles (76cm) (12)**Sunday 19/02/2023 - 10:04 AM****Region: 15.04 20/02/2022 Talahn Paki****State: 13.87 21/03/2010 Michelle Jenneke**

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	1963 Talahn Paki		Hills District	15.24
2	8720 Vanessa Apel		Winston Hills	17.70
3	14051 Amayah Burns		Doonside	25.22
4	32337 Emily Nolan		Rouse Hill	18.84
5	19610 Achol Mow		Prospect	17.66
6	1978 Sophie Miller		Hills District	19.17

Heat 2 of 2 Heats

1	2236 Avalene Tandog		Hills District	16.47
2	24656 Alyssa Gibbons		Werrington	19.61
3	8977 Rachel Bardney		Winston Hills	18.63
4	24595 Emma Matthias		Werrington	22.46
5	2330 Alison Liew		Hills District	18.54
6	1764 Olivia Bloem		Hills District	17.23

Event 119 Boys U 15 - 100 Metre Hurdles (76cm) (5)**Sunday 19/02/2023 - 10:08 AM****Region: 14.06 21/02/2016 Shane Munaweera****State: 12.64 22/03/2009 Nicholas Hough**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	21745 Calem Fyfe		Rouse Hill	16.95
2	8744 Henry Andrews		Winston Hills	16.38
3	2248 Luke Williams		Hills District	15.66
6	1977 Cillian Miller		Hills District	17.88
7	8452 Jad Nasser		The Ponds	19.33

Event 120 Girls U 15 - 90 Metre Hurdles (76cm) (9)**Sunday 19/02/2023 - 10:13 AM****Region: 13.85 18/02/2018 Claire Meyers****State: 12.44 3/03/2007 Carly Rodger**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	21540 Jessica White		Rouse Hill	19.15
2	2139 Tanisha Kumar		Hills District	14.94
3	1911 Mikayla Muscat		Hills District	14.64
4	1989 Charlotte Mear		Hills District	17.20
5	37831 Ingrid Kennedy		Winston Hills	18.76
6	32366 Marlee Deane		Rouse Hill	18.73
7	1821 Maddison Laing		Hills District	18.17
8	25562 Kiara Pagnamenta		Penrith	17.56
9	33493 Siena Overton		Winston Hills	18.08

Event 121 Boys U 14 - 90 Metre Hurdles (76cm) (11)**Sunday 19/02/2023 - 10:15 AM****Region: 13.32 17/02/2013 Alexander Thompson****State: 12.04 16/03/2008 Nicholas Hough**

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
2	20651 Seth Adams		Riverstone	19.92
3	12451 Armeet Singh		Blacktown	19.60
4	9418 Noah Hams		Colyton St Clair	17.83
5	14030 Brandon Duff		Doonside	17.95
6	2341 William Cetinic		Hills District	15.34

Heat 2 of 2 Heats

1	1797 Julian Freeland		Hills District	15.73
2	2265 Keegan Free		Hills District	15.70
3	1611 Anthony Bartley		Lethbridge Park	22.71
4	19858 Ethan Aguasa		Quakers Hill	NT
5	17211 Ruhan Kalal		Kings Langley	18.93
6	19628 Darius Pratt		Prospect	18.00

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Event 122 Girls U 14 - 80 Metre Hurdles (76cm) (11)**Sunday 19/02/2023 - 10:22 AM**

Region: 12.69 16/02/2014 Tiana Death
State: 11.94 19/03/2006 Carly Rodger

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

2	1981 Angelina Burford		Hills District	13.43
3	14595 Tia Bachtis		Emu Plains	18.13
4	25600 Charlotte Bradshaw		Penrith	14.56
5	1836 Elanur Kadayifci		Hills District	14.44
6	21735 Helana Prats		Rouse Hill	18.18

Heat 2 of 2 Heats

1	19575 Tisha Bernil		Prospect	15.44
2	2097 Eva Everson		Hills District	15.67
3	1879 Gabriela Ribeiro		Hills District	13.68
4	16164 Abigail Lord		Hawkesbury City	20.15
5	8232 Kiana Banza		The Ponds	18.35
6	8801 Caitlyn Martin		Winston Hills	13.90

Event 123 Boys U 13 - 80 Metre Hurdles (76cm) (13)**Sunday 19/02/2023 - 10:26 AM**

Region: 13.10 18/02/2018 Jesse Bingham
State: 12.04 16/03/1997 Ahmed Abou-Mahmoud
State: 12.04 19/03/2000 Ross Roberts

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	32612 Noah Kemp		Hawkesbury City	14.71
2	8795 Charlie Andrews		Winston Hills	14.05
3	14068 Jason Hart		Doonside	19.03
4	2164 Oscar Harding		Hills District	17.52
5	35516 Onel Patabendige		Quakers Hill	20.17
6	35353 Jaxson Willmington		Emu Plains	14.79
7	14628 Ellis Haydon		Emu Plains	16.86

Heat 2 of 2 Heats

1	34319 William Jones		Emu Plains	16.51
2	24730 Jack Woodgate		Werrington	18.17
3	21743 Andrew Cook		Rouse Hill	16.74
4	8453 Adam Nasser		The Ponds	14.67
5	13981 Eli Ma'u		Doonside	14.60
6	17094 Cooper Thompson		Kings Langley	18.46

Event 124 Girls U 13 - 80 Metre Hurdles (76cm) (14)**Sunday 19/02/2023 - 10:30 AM**

Region: 13.19 10/02/2019 Talahn Paki
State: 12.26 15/02/2015 Mia Hemsworth

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	8258 Eva Bryant		The Ponds	15.36
2	16095 Tamara Davies		Hawkesbury City	13.84
3	9555 Alexis South		Colyton St Clair	17.60
4	9013 KatherinE Furno		Winston Hills	17.69
5	13991 Stella-rose Deluca		Doonside	22.84
6	8822 Amelia Johnston		Winston Hills	15.74
7	1757 Olivia Scott-Rogers		Hills District	13.92

Heat 2 of 2 Heats

1	2268 Ishanvi Tiwari		Hills District	14.68
2	1827 Beyza Sevdimbass		Hills District	13.31
3	11391 Lialeti Oto		Minchinbury	18.27
4	26730 Chelsea Attwill		Cranebrook	16.87
5	1962 Summer Paki		Hills District	15.09
6	8308 Ruby Dunn		The Ponds	18.02
7	14035 Savannah Hill		Doonside	16.23

Event 125 Boys U 12 - 80 Metre Hurdles (68cm) (16)**Sunday 19/02/2023 - 10:37 AM**

Region: 12.89 21/02/2021 Alex Spadaro

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	17039 Brian Jack		Kings Langley	16.76
2	14631 Denzel Odhiambo		Emu Plains	16.77
3	14007 Jarwyn Quartey		Doonside	16.13
4	12570 Amjad Mousa		Blacktown	14.74
5	26748 Jared Jay Husar		Cranebrook	18.84
6	14671 Remy Cross		Emu Plains	15.70
7	2300 Lachlan Dorahy		Hills District	13.99
8	21650 Blake Spencer		Rouse Hill	14.63

Heat 2 of 2 Heats

1	37181 Jye Aney-Fuller		Hawkesbury City	15.26
2	25461 Zachary Bateman		Penrith	16.52
3	21593 James Loughhead		Rouse Hill	14.35
4	8881 Ryan Haaf		Winston Hills	15.38
5	8421 Xavier Matic		The Ponds	16.46
6	2296 Vakalahi Taufa		Hills District	16.90
7	23381 Jacob Olive		Tallawong Park	17.85
8	2196 Magnus Myhre Fox		Hills District	14.58

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Event 126 Girls U 12 - 80 Metre Hurdles (68cm) (15)**Sunday 19/02/2023 - 10:41 AM****Region: 13.28 21/02/2021 Angelina Burford**

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	16112 Krystal Emme		Hawkesbury City	17.62
2	24711 Ella Long		Werrington	16.48
3	1937 Emma Buckley		Hills District	17.35
4	36472 Hayley Milson		Emu Plains	15.70
5	2342 Ava Cetinic		Hills District	14.11
6	2130 Lila Oliver		Hills District	14.09
7	14083 Teesha Karannagoda		Doonside	19.76
8	23338 Mikayla Findlay		Tallawong Park	21.88

Heat 2 of 2 Heats

1	34576 Aliyah Adjei		Nepean	15.12
2	21599 Hannah Baker		Rouse Hill	15.16
3	19017 Shyla Jeffery		Nepean	17.72
4	8629 Mila Vuk Luboya		Winston Hills	16.99
5	14714 Bonnie Clark		Emu Plains	16.88
6	8738 Sanjana Iyer		Winston Hills	13.84
7	23354 Emily Dawes		Tallawong Park	18.59

Event 127 Boys U 11 - 80 Metre Hurdles (60cm) (17)**Sunday 19/02/2023 - 10:48 AM****Region: 13.53 20/02/2022 Peini Ika**

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	25540 Devrim Tenish		Penrith	15.96
2	9999 Sage Villacorta		Tallawong Park	17.77
3	8918 Leon De Silva		Winston Hills	16.55
4	8286 Mitchell Darlow		The Ponds	15.54
5	35848 Kobi Olds		Colyton St Clair	15.73
6	8934 Bernie Irvine		Winston Hills	15.13
7	25608 Gavinu Wijayarathna		Penrith	19.43
8	14605 Ryley Coote		Emu Plains	15.47
9	19722 Israel Broady		Quakers Hill	16.91

Heat 2 of 2 Heats

1	14078 Riley Adams		Doonside	16.41
2	25553 Lucas Mcpherson		Penrith	15.40
3	2247 Jake Horsey		Hills District	15.17
4	16119 Heath Broughton		Hawkesbury City	15.60
5	23434 Ryder Chalouf		Tallawong Park	17.64
6	32333 Riley McDonald		Rouse Hill	15.54
7	2022 Dominic Jurkovic		Hills District	17.10
8	2345 Daniel Cheers		Hills District	16.18

Event 128 Girls U 11 - 80 Metre Hurdles (60cm) (16)**Sunday 19/02/2023 - 10:52 AM****Region: 14.10 20/02/2022 Lila Oliver**

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	32429 Jordan Simpson		Rouse Hill	16.18
2	19608 Achok Mow		Prospect	15.65
3	2033 Hayley Foley		Hills District	16.30
4	8802 Jayda Isherwood		Winston Hills	14.40
5	14081 Luvini Dissanayake		Doonside	16.05
6	11370 Amara Eze		Minchinbury	16.35
7	25622 Amelia Beazley		Penrith	17.97
8	2800 Aaliyah Akbar		Mt Druitt	17.64

Heat 2 of 2 Heats

1	1946 Vienna Gergely-hollai		Hills District	17.29
2	12440 Olivia Vratarić		Blacktown	16.28
3	8995 Rachel Furno		Winston Hills	16.78
4	24609 Chelsea Wright		Werrington	15.70
5	8959 Michelle Li		Winston Hills	16.18
6	25520 Taylah Pagnamenta		Penrith	18.10
7	29734 Elsie Bignall		Penrith	15.75
8	1817 Savannah Cox		Hills District	13.75

Event 129 Girls U 8 - 70 Metre Sprint (16)**Sunday 19/02/2023 - 11:06 AM****Region: 10.97 22/02/2015 Tuliana Kabuyawa****State: 10.54 16/03/1980 Annette Cavanagh**

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	35332 Taneeka Talaia		Emu Plains	12.38
2	2294 Katalina Taufā		Hills District	12.70
3	14609 Mia Egglestone		Emu Plains	12.84
4	35338 Lillian Davis		Emu Plains	12.92
5	14014 Rosalee Harvey		Doonside	13.05
6	8735 Shreya Iyer		Winston Hills	11.83
7	36303 Scarlett Morgan		Hills District	12.74
8	21469 Maia Garnett		Rouse Hill	12.60

Heat 2 of 2 Heats

1	19720 Blake O'Donohue		Quakers Hill	12.80
2	16601 Olivia Hayek		Emu Plains	12.63
3	8406 Ava Littlejohn		The Ponds	12.28
4	19034 Tamanna Chaudhary		Nepean	12.81
5	8679 Evie Games		Winston Hills	12.64
6	21543 Natalia Casado		Rouse Hill	12.38
7	16075 Tahlia Hunt		Hawkesbury City	12.96
8	11494 Chloe Lobo		Minchinbury	12.94

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Event 130 Boys U 8 - 70 Metre Sprint (16)**Sunday 19/02/2023 - 11:10 AM**

Region: 10.99 9/02/2020 Beau Argact
State: 10.34 11/03/1978 Tim Harper
State: 10.34 11/03/1978 Mark Lever

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	2179 Kai Cassar		Hills District	12.11
2	9465 Kobee Laws		Colyton St Clair	11.45
3	19887 Logan Huang		Quakers Hill	12.48
4	2777 Aaron Sangwan		Mt Druitt	12.16
5	33958 Meth Agampodi DE Zc		Doonside	12.02
6	2141 Charlie Vasallo		Hills District	11.77
7	26758 Riley Hawkings		Cranebrook	12.01
8	2261 Liam Masters		Hills District	11.73

Heat 2 of 2 Heats

1	41189 Levi Vehikite		Nepean	11.63
2	25614 Minon Molligoda		Penrith	11.80
3	20652 Thys Aldaba		Riverstone	12.07
4	9022 Julian Bazouni		Winston Hills	12.43
5	9435 Nixon Bell		Colyton St Clair	12.30
6	26782 Chase Swift		Cranebrook	11.58
7	1677 Louis Lee		Lethbridge Park	11.98
8	36311 Braxton Reece		Hills District	12.06

Event 131 Girls U 9 - 70 Metre Sprint (16)**Sunday 19/02/2023 - 11:14 AM**

Region: 10.53 17/02/2013 Osaru Airhumwunde
State: 10.14 22/03/1998 Briony Kanard

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	33986 Joanna Madubugwa		Tallawong Park	12.51
2	25610 Lennie Nix		Penrith	11.57
3	9023 Bridgette Bazouni		Winston Hills	11.66
4	20793 Samarah Ryan		Riverstone	12.16
5	20795 Tora Rochester		Riverstone	12.19
6	25594 Mikayla Pace		Penrith	11.78
7	1771 Talia Markwick		Hills District	12.29
8	14079 Madison Adams		Doonside	12.29

Heat 2 of 2 Heats

1	11326 Aleksa Kesten		Minchinbury	11.58
2	26750 Emily Sztelma		Cranebrook	12.40
3	1610 Marlie Edwards		Lethbridge Park	12.43
4	8774 Maya Arvind		Winston Hills	12.23
5	2084 Stella Sinclair		Hills District	12.09
6	32432 Saanvi Saravana		Rouse Hill	12.23
7	25374 Isabella Bateman		Penrith	11.98
8	1945 Amalia Gergely-hollai		Hills District	11.58

Event 132 Boys U 9 - 70 Metre Sprint (16)**Sunday 19/02/2023 - 11:20 AM**

Region: 10.45 9/02/2020 Peini Ika
State: 9.94 22/03/1998 John Grant
State: 9.94 20/02/2000 Daniel Perkins
State: 9.94 19/03/2000 Michael Oldfield
State: 9.94 18/03/2007 Benjamin Alessio

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	19581 Nathaniel L Oyoo		Prospect	12.12
2	12459 Xavier Bayssari		Blacktown	12.27
3	41704 Mason Mercia		Emu Plains	11.19
4	2172 Liam Hayden		Hills District	11.10
5	33824 Finley Power		Hills District	11.50
6	1713 Ryan Panich		Hills District	11.44
7	2159 Jordan Lazar		Hills District	11.67
8	9422 Logan Leathan		Colyton St Clair	11.81

Heat 2 of 2 Heats

1	8908 Oliver Colless		Winston Hills	11.40
2	19630 Chase Rigoli		Prospect	12.60
3	20713 Jaxx Catelotti		Riverstone	11.63
4	41092 Tyreece Stanley		Lethbridge Park	11.82
5	8758 Oliver Dennis		Winston Hills	10.77
6	29718 Riley-j Frendo		Penrith	11.56
7	34564 Beau Cumberlan-bruce		Nepean	11.96
8	32448 Koby Hughes		Rouse Hill	11.33

Event 133 Girls U 10 - 70 Metre Sprint (16)**Sunday 19/02/2023 - 11:24 AM**

Region: 10.42 22/02/2015 Clara Nourdine
State: 9.84 19/03/2000 Grace Naseby

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	8791 Livia Muccino		Winston Hills	11.34
2	14613 Malia Odhiambo		Emu Plains	11.41
3	1735 Savannah Field		Hills District	11.78
4	17081 Imogen Wynne		Kings Langley	10.68
5	32404 Eloise Connors		Rouse Hill	11.89
6	11308 Mia Ebejer		Minchinbury	11.55
7	37420 Angel Akushie		Doonside	12.68
8	20653 Brae Aldaba		Riverstone	11.61

Heat 2 of 2 Heats

1	1839 Amiya Raileqe		Hills District	11.48
2	19888 Lilly Huang		Quakers Hill	11.75
3	34611 Ava Siataga		Quakers Hill	11.68
4	19035 Stella Mcdiarmid-great		Nepean	12.55
5	25084 Sabella Whelan		Cranebrook	11.19
6	2352 Lucy Micatka		Hills District	11.42
7	1912 Ellie Benfield		Hills District	11.20
8	19112 Kaitlyn Downes		Nepean	11.90

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Event 134 Boys U 10 - 70 Metre Sprint (16)**Sunday 19/02/2023 - 11:28 AM**

Region: 10.15 18/02/2018 Rhys Webster
State: 9.54 20/03/1999 Christopher Lawrence
State: 9.54 19/03/2000 Josh Mulligan

Lane	Name	Age	Centre	Seed Time
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Heat 1 of 2 Heats

1	2289 Charlie Elkadi		Hills District	11.49
2	21627 Lucas Eustace		Rouse Hill	11.47
3	14653 Alexander Simpson		Emu Plains	10.49
4	8396 Yask Kulkarni		The Ponds	11.19
5	8899 Liam Bollinger		Winston Hills	10.92
6	8497 Tristian Ramasamy		The Ponds	11.24
7	1631 Harrison Freeman		Lethbridge Park	11.80
8	21553 Korbin Bruckard		Rouse Hill	10.91

Heat 2 of 2 Heats

1	2014 Bayley Ayers		Hills District	11.58
2	32406 Eamon Eastman		Rouse Hill	11.18
3	25463 Methuja Amarasena		Penrith	11.53
4	19638 Ben Spadaro		Prospect	10.51
5	9530 Daniel Latu		Colyton St Clair	11.29
6	1944 Mason Woods		Hills District	11.31
7	14669 Levi Holden		Emu Plains	11.11
8	21619 Aaron Qu		Rouse Hill	10.87

Event 135 Boys U 17 - 800 Metre Run (12)**Sunday 19/02/2023 - 11:42 AM**

Region: 1:53.49 10/02/2019 Joshua Atkinson
State: 1:54.00 5/03/2017 Tyler Gunn

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

1	19570 Mitchell Bradley		Prospect	2:09.83
2	8813 Isaac Chevalier		Winston Hills	2:26.32
3	23365 Alexander Ayre		Tallawong Park	2:20.46
4	23400 Oscar Waring		Tallawong Park	2:33.17
5	2040 Samuel Waring		Hills District	2:12.53
6	14590 Will Haydon		Emu Plains	2:16.99
7	19852 Isaac Beacroft		Quakers Hill	NT
8	37824 Riley Christie		Winston Hills	2:11.88
9	8824 Aidan Pospischil		Winston Hills	2:53.35
10	33847 Rocco Bingley		Hills District	2:21.30
11	2394 Syed Saad Mahmud		Hills District	2:16.43
12	19631 Neelesh Dey		Prospect	2:27.10

Event 136 Girls U 17 - 800 Metre Run (12)**Sunday 19/02/2023 - 11:46 AM**

Region: 2:18.62 19/02/2017 Rowena Milliss
State: 2:12.59 25/03/2012 Kate Spencer

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

1	1764 Olivia Bloem		Hills District	2:36.78
2	1863 Marley McKenzie		Hills District	2:28.75
3	8742 Samantha Torrens		Winston Hills	3:06.02
4	19547 Kairi Pope		Prospect	3:36.89
5	37721 Kirra Gibson		Blacktown	3:12.74
6	2157 Amelia Mayes		Hills District	2:51.55
7	20730 Chelsea Olbrich		Riverstone	2:48.23
8	26759 Caitlyn Griggs		Cranebrook	3:19.47
9	1791 Ella Munroe		Hills District	2:33.58
10	2238 Aoife Collins		Hills District	2:43.27
11	20729 Chelsea Roberts		Riverstone	2:58.04
12	19085 Leah Westcott		Nepean	3:49.60

Event 137 Girls U 15-17 800 Metre Multi Class Run (1)**Sunday 19/02/2023 - 11:46 AM**

Region: 3:34.64 20/02/2022 Layla Sharp (T/F12)

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

13	24671 Layla Sharp (T12)		Werrington	NT
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Event 138 Boys U 15 - 800 Metre Run (11)**Sunday 19/02/2023 - 11:50 AM**

Region: 1:58.61 18/02/2018 Joshua Atkinson
State: 1:57.20 20/02/2005 James Kaan
State: 1:57.20 16/03/2008 James Connor

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

1	2087 Kane Robson		Hills District	2:48.54
2	21745 Calem Fyfe		Rouse Hill	2:37.99
3	9431 Bayley White		Colyton St Clair	2:43.96
4	8843 Kael Mclean		Winston Hills	2:33.15
5	23345 Lucas Abiuso		Tallawong Park	2:43.40
6	8245 Kevin Bosco		The Ponds	2:18.97
7	2350 Teaghan Negri		Hills District	2:13.74
8	16180 Jake Astill		Hawkesbury City	2:16.82
9	8744 Henry Andrews		Winston Hills	2:29.05
10	16225 Maverick Blunden		Hawkesbury City	3:25.31
11	8833 Joshua Hand		Winston Hills	2:16.74

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Event 139 Girls U 15 - 800 Metre Run (9)**Sunday 19/02/2023 - 11:54 AM****Region: 2:13.18 21/02/2016 Carley Thomas****State: 2:09.57 20/03/2016 Carley Thomas**

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
1	14500 Ainsley Giampietro	Emu Plains	2:44.13
2	8577 Andra Vintila	The Ponds	2:58.12
3	19717 Matilda Olson	Quakers Hill	3:10.86
4	34572 Kaydenze Phillips	Nepean	3:07.25
5	2224 Aoife Murdock	Hills District	2:38.66
6	8837 Holly Gersbach	Winston Hills	2:32.46
7	21611 Akshaya Thilak	Rouse Hill	3:13.33
8	9562 Jessica Dhaliwal	Colyton St Clair	3:31.29
9	14618 Mabel Dukes	Emu Plains	2:36.03

Event 140 Boys U 14 - 800 Metre Run (11)**Sunday 19/02/2023 - 11:58 AM****Region: 2:01.81 19/02/2017 Joshua Atkinson****State: 2:01.40 19/03/2017 Joshua Atkinson**

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
1	1921 Vincent Contini	Hills District	3:04.78
2	1809 Cameron Bloem	Hills District	2:19.17
3	34620 Brayden Doran	Quakers Hill	2:21.16
4	24639 Kai Roman	Werrington	3:01.26
5	1891 Harrison Ferns	Hills District	2:24.44
6	8969 Alex Bayliss	Winston Hills	2:26.94
7	14659 Harley Baker	Emu Plains	2:55.08
8	2217 Nicholas McNally	Hills District	2:21.85
9	1600 Jamie Chestnut	Lethbridge Park	3:31.46
10	2144 Matthew Timbs	Hills District	3:24.22
11	25512 Jai Thornton	Penrith	2:36.78

Event 141 Boys U 13-14 800 Metre Multi Class Run (1)**Sunday 19/02/2023 - 11:58 AM**

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
12	16088 Levi Douglass (T/F12)	Hawkesbury City	NT

Event 142 Girls U 14 - 800 Metre Run (14)**Sunday 19/02/2023 - 12:02 PM****Region: 2:16.36 21/02/2016 Danielle Drinnan****State: 2:13.20 20/03/1988 Suzy Walsham**

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
1	21735 Helana Prats	Rouse Hill	3:11.89
2	2255 Taylor Hills	Hills District	2:35.47
3	19856 Kristin van Eck	Quakers Hill	3:09.93
4	16197 Lilliana Daly	Hawkesbury City	3:00.40
5	8866 Matilda Webb	Winston Hills	2:36.70
6	2041 Alexandra Waring	Hills District	3:02.43
7	35356 Ayla Kandemir	Emu Plains	2:58.97
8	14595 Tia Bachtis	Emu Plains	2:54.17
9	12377 Gabriella Baker	Blacktown	2:50.04
10	19739 Charlotte Blyth	Quakers Hill	2:58.82
11	30489 Molly Mills	The Ponds	2:47.94
12	1614 Lilith Dartnell	Lethbridge Park	3:15.82
13	1870 Jordyn Deen	Hills District	2:58.20
14	1816 Ashlyn Kelly	Hills District	2:33.56

Event 143 Boys U 13 - 800 Metre Run (16)**Sunday 19/02/2023 - 12:06 PM****Region: 2:11.85 9/02/2020 Will Haydon****State: 2:06.10 17/03/1985 Robert Wunder**

Lane	Name	Age Centre	Seed Time
Section 1 of 1 Final			
1	34605 Evan Francis	Nepean	2:50.21
2	19527 Hunter Puapua	Prospect	2:47.08
3	37801 Franklin Gaitanidis	Winston Hills	2:30.68
4	8795 Charlie Andrews	Winston Hills	2:37.64
5	12393 Sehaj Bajwa	Blacktown	2:32.27
6	24721 Raemon-jr Gatehau	Werrington	2:53.20
7	1755 Mekaael Khan	Hills District	2:35.19
8	23368 Aidan Jeffrey	Tallawong Park	2:49.62
9	11369 Chinedu Eze	Minchinbury	2:41.51
10	21692 Oscar Turnbull	Rouse Hill	2:23.03
11	14628 Ellis Haydon	Emu Plains	2:31.99
12	32392 Flynn Van Middeldyk	Rouse Hill	2:50.71
13	2404 Keir Mercer	Hills District	2:38.64
14	8782 Connor Carter	Winston Hills	2:52.49
15	24574 Owen Levy	Werrington	2:43.05
16	8845 Thomas Emanuel	Winston Hills	2:39.20

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Event 144 Girls U 13 - 800 Metre Run (16)**Sunday 19/02/2023 - 12:10 PM**

Region: 2:20.12 22/02/2015 Danielle Drinnan
State: 2:14.30 25/03/2018 Imogen Stewart

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	19901 Bronte Parkin		Quakers Hill	2:51.21
2	1813 Charlotte Scott-Rogers		Hills District	2:46.90
3	8765 Emelia Muccino		Winston Hills	2:39.46
4	21615 Annabelle Vella		Rouse Hill	2:44.73
5	16120 Tabitha Broughton		Hawkesbury City	2:48.07
6	8868 Lyla Reading		Winston Hills	2:39.84
7	24600 Sophie Kuach		Werrington	3:08.46
8	24568 Hannah Loxley		Werrington	2:39.22
9	8258 Eva Bryant		The Ponds	2:50.59
10	19609 Nyidier Mow		Prospect	3:02.92
11	1744 Zoe Hobart		Hills District	3:02.75
12	2091 Lily Golding		Hills District	2:52.95
13	14593 Torah Smythe		Emu Plains	3:31.94
14	8853 Amber Haywood		Winston Hills	2:43.64
15	41194 Ella Coutts		Nepean	3:23.36
16	19753 Matilda Oxley		Quakers Hill	2:52.19

Event 145 Boys U 12 - 800 Metre Run (16)**Sunday 19/02/2023 - 12:14 PM**

Region: 2:20.94 19/02/2017 Lachlan Wood
State: 2:12.80 17/03/2019 Joshua O'Connell

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	25452 Lachlan Cordell		Penrith	2:33.77
2	19059 Noah Vella		Nepean	3:01.06
3	2030 Noah Falzon		Hills District	2:46.70
4	34621 Brock Doran		Quakers Hill	3:00.96
5	2120 Beau Adams		Hills District	2:26.60
6	23401 Darcy Waring		Tallowong Park	2:51.64
7	14594 Timothy Hammond		Emu Plains	2:47.96
8	21586 Steffan Mare		Rouse Hill	2:49.12
9	13988 Hayden straub		Doonside	2:37.88
10	31497 Aviel Fernando		Quakers Hill	2:45.54
11	9002 Luke Hoddinett		Winston Hills	2:33.98
12	14644 Austin Fuz		Emu Plains	2:35.17
13	2300 Lachlan Dorahy		Hills District	2:22.02
14	8762 Ned Francis		Winston Hills	2:43.37
15	17039 Brian Jack		Kings Langley	2:44.85
16	33899 Xavier Zahra		Hills District	2:28.38

Event 146 Boys U 11-12 800 Metre Multi Class Run (1)**Sunday 19/02/2023 - 12:14 PM**

Region: 4:12.69 20/02/2022 Ethan Odell

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
17	32357 Ethan Odell (T/F20)		Rouse Hill	NT

Event 147 Girls U 12 - 800 Metre Run (14)**Sunday 19/02/2023 - 12:18 PM**

Region: 2:27.92 16/02/2014 Danielle Drinnan
State: 2:16.34 23/03/2014 Abbey Rockliff

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	31978 Zahra Calder		Riverstone	2:42.79
2	23319 Gabriella Caccamo		Tallowong Park	3:10.73
3	1862 Eva McKenzie		Hills District	2:40.37
4	25521 Indie Grover		Penrith	3:27.11
5	33965 Jasmine Metcalfe		Doonside	3:46.84
6	24606 Phoebe Morris		Werrington	2:53.30
7	14714 Bonnie Clark		Emu Plains	3:00.17
8	20770 Jacyrae Brown		Riverstone	3:00.64
9	8711 Matilda Grant		Winston Hills	2:56.52
10	21602 Ella Caines		Rouse Hill	2:49.44
11	2212 Zoe McGrath		Hills District	3:02.77
12	1887 Lucy Sherwood		Hills District	2:41.52
13	23338 Mikayla Findlay		Tallowong Park	4:02.59
14	1953 Madison Harris		Hills District	2:44.51

Event 148 Boys U 11 - 800 Metre Run (16)**Sunday 19/02/2023 - 12:22 PM**

Region: 2:24.39 18/02/2018 Toby Dorahy
State: 2:17.37 24/03/2013 Luke Young

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	12584 Ngong Deng		Blacktown	2:53.13
2	31498 Yavniel Fernando		Quakers Hill	2:50.67
3	34566 Owen Sulsters		Nepean	3:29.86
4	35848 Kobi Olds		Colyton St Clair	3:04.45
5	2403 Ruari Mercer		Hills District	2:28.00
6	20704 Liam Banks		Riverstone	2:34.90
7	1810 Cameron Batey		Hills District	2:31.06
8	19855 Liam van Eck		Quakers Hill	2:53.13
9	33858 Evan Dinsmore		Hills District	2:32.39
10	24582 Lachlan Adams-bennet		Werrington	2:54.58
11	2082 Carter Bergan		Hills District	2:31.40
12	8286 Mitchell Darlow		The Ponds	2:44.79
13	2345 Daniel Cheers		Hills District	2:52.16
14	8934 Bernie Irvine		Winston Hills	2:33.68
15	35337 Charlie Davis		Emu Plains	3:08.47
16	8425 Callum McMillian		The Ponds	2:53.13

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Event 149 Girls U 11 - 800 Metre Run (16)**Sunday 19/02/2023 - 12:26 PM****Region: 2:30.32 16/02/2014 Sidney Burrell****State: 2:21.80 20/03/2016 Imogen Stewart**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	2186 Emma Ostler		Hills District	3:03.36
2	14615 Madison Easterbrook		Emu Plains	2:47.07
3	19608 Achok Mow		Prospect	3:15.04
4	11370 Amara Eze		Minchinbury	3:38.33
5	25622 Amelia Beazley		Penrith	3:03.96
6	2272 Chloe Harkin		Hills District	3:00.68
7	1867 Martina Hams Garriga		Hills District	2:52.98
8	25543 Matilda-holly Marks		Penrith	2:57.92
9	2199 Georgia Gillogy		Hills District	3:06.80
10	20772 Bella Chapman		Riverstone	3:04.91
11	16182 Tahlia Chapman		Hawkesbury City	2:52.38
12	24612 Charlotte Morris		Werrington	2:51.04
13	1819 Savannah Prime		Hills District	2:56.79
14	23424 Eden Hampton-Lander		Tallawong Park	3:43.30
15	1783 Emily West		Hills District	2:50.62
16	8438 Peyton Morgan		The Ponds	3:21.02

Event 150 Boys U 10 - 800 Metre Run (16)**Sunday 19/02/2023 - 12:30 PM****Region: 2:31.37 21/02/2021 Lachlan Dorahy****State: 2:21.60 25/03/1979 Paul Kelly**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	24669 Jax McAvoy		Werrington	2:49.96
2	21608 Chase Mattiazzo		Rouse Hill	2:41.68
3	8924 Harvey Irvine		Winston Hills	2:45.73
4	34678 Saeed Saad		Blacktown	3:10.54
5	25570 Blake Miller		Penrith	2:50.95
6	25501 Ranuka Koswattage		Penrith	3:07.96
7	14710 Jett Ward		Emu Plains	3:04.76
8	8371 Jalen Karbon		The Ponds	2:52.39
9	14071 Francis Fernando		Doonside	3:08.49
10	8294 Tate DE Roo		The Ponds	3:02.77
11	1759 Luka Hami - Razavi		Hills District	3:06.17
12	21758 Jensen Dowling		Rouse Hill	2:46.72
13	8869 Tayem Reading		Winston Hills	2:35.67
14	8798 Joshua Waddington		Winston Hills	2:54.35
15	8764 Nate Appleyard		Winston Hills	3:03.31
16	2081 Rhys Bergan		Hills District	2:44.33

Event 151 Girls U 10 - 800 Metre Run (16)**Sunday 19/02/2023 - 12:34 PM****Region: 2:40.79 19/02/2017 Sophie Schultz****State: 2:27.30 19/02/2012 Abbey Rockliff**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	14652 Jenna Haydon		Emu Plains	2:57.07
2	11493 Bella Lobo		Minchinbury	3:14.07
3	24638 Laci Roman		Werrington	2:59.96
4	8750 Hannah Johnston		Winston Hills	2:58.00
5	9408 Matilda Watts		Colyton St Clair	3:03.97
6	35849 Mia Olds		Colyton St Clair	3:11.11
7	21597 Milla Mare		Rouse Hill	3:00.41
8	8791 Livia Muccino		Winston Hills	3:08.69
9	32328 Darcie Kearney		Rouse Hill	3:06.31
10	8259 Maya Bryant		The Ponds	3:02.19
11	8578 Isabelle Vintila		The Ponds	3:03.45
12	19920 Annabelle Wise		Quakers Hill	3:11.44
13	31983 Mia Portelli		Riverstone	2:54.86
14	21479 Capri Borg		Rouse Hill	3:11.59
15	1777 Sienna Marris		Hills District	3:02.75
16	20808 Keira Gill		Riverstone	3:00.01

Event 152 Boys U 9 - 800 Metre Run (16)**Sunday 19/02/2023 - 12:38 PM****Region: 2:33.56 21/02/2021 Ruari Mercer****State: 2:25.70 17/03/2002 Alex Pettigrew**

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	31499 Hadriel Fernando		Quakers Hill	2:58.06
2	1967 Thys Roodt		Hills District	2:54.40
3	9480 Toby Miles		Colyton St Clair	3:11.41
4	8731 Theodore Foggo		Winston Hills	2:50.00
5	21723 Riley Williams		Rouse Hill	2:59.71
6	8748 Harrison Bouquet		Winston Hills	3:00.43
7	2110 Caelan Dixon		Hills District	3:03.30
8	2054 Aiden Berry		Hills District	3:06.31
9	24602 Seth Pattison		Werrington	3:14.51
10	14485 Isaac Payne		Emu Plains	3:09.98
11	2291 Oliver James		Hills District	2:57.63
12	23423 Rhys Hampton-Lander		Tallawong Park	3:31.15
13	13987 Rhys Straub		Doonside	3:29.76
14	8408 Senal Liyanage		The Ponds	3:16.34
15	33985 Zac Zahra		Hills District	2:52.92
16	19104 William Treharne		Nepean	2:57.59

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Event 153 Girls U 9 - 800 Metre Run (16)**Sunday 19/02/2023 - 12:42 PM**

Region: 2:50.29 9/02/2020 Eva McKenzie
State: 2:33.00 20/03/2011 Abbey Rockliff

Lane	Name	Age	Centre	Seed Time
Section 1 of 1 Final				
1	24641 Aaliyah Mccarron		Werrington	3:35.49
2	20795 Tora Rochester		Riverstone	3:08.63
3	1940 Zara Weir		Hills District	3:26.83
4	20793 Samarah Ryan		Riverstone	3:26.77
5	2211 Lara Mcgrath		Hills District	3:25.58
6	21641 Caitlin Butler		Rouse Hill	3:11.09
7	21582 Airlie Perkins		Rouse Hill	3:39.24
8	19588 Annabelle Clifton		Prospect	3:01.73
9	25574 Allegra Tantalos		Penrith	3:23.20
10	8597 Chloe Abbott		The Ponds	3:45.20
11	14649 Antonia Powder		Emu Plains	3:34.94
12	8307 Sally Dunn		The Ponds	3:32.74
13	1866 Olivia Hams-garriga		Hills District	3:15.02
14	19916 Alea van der Merwe		Quakers Hill	3:37.47
15	9590 Lilly Mcsharry		Colyton St Clair	3:39.31
16	1750 Lara Batey		Hills District	3:12.95

Event 154 Girls U 8 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 1:16 PM**

Region: 32.35 22/02/2015 Tulliana Kabuyawa
State: 31.74 18/03/1984 Bronwyn Piening
State: 31.74 16/02/1997 Emily Pollett

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	1811 Aleisha Stevens		Hills District	35.87
2	1941 Pippa Chesterman		Hills District	37.48
3	21469 Maia Garnett		Rouse Hill	37.68
4	25514 Violet Panopoulos		Penrith	37.19
5	21607 Emily Cook		Rouse Hill	38.56
6	35332 Taneeka Talaia		Emu Plains	37.83
7	25544 Marlowe Bale		Penrith	40.74
8	8439 Tayler Morgan		The Ponds	39.30
Heat 2 of 2 Heats				
1	20702 Mackenzie Bird		Riverstone	40.58
2	36303 Scarlett Morgan		Hills District	38.45
3	26733 Olivia Blackman		Cranebrook	37.64
4	8679 Evie Games		Winston Hills	37.50
5	8406 Ava Littlejohn		The Ponds	36.87
6	8549 Charlotte Strautins		The Ponds	37.91
7	23419 Georgia Melcolm		Tallawong Park	40.10
8	19754 Amelia Oxley		Quakers Hill	36.73

Event 155 Boys U 8 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 1:20 PM**

Region: 30.64 19/02/2017 Joseph Ezekiel
State: 30.64 19/02/2017 Joseph Ezekiel

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	2777 Aaron Sangwan		Mt Druitt	36.90
2	1838 Abel Raileqe		Hills District	36.74
3	8773 Michael Reynolds		Winston Hills	35.74
4	21478 Orlando Borg		Rouse Hill	34.50
5	13960 Thomas Veikoso		Doonside	37.24
6	23352 Felix Gartshore		Tallawong Park	35.51
7	2261 Liam Masters		Hills District	33.26
8	9465 Kobe Laws		Colyton St Clair	34.23
Heat 2 of 2 Heats				
1	20652 Thys Aldaba		Riverstone	36.02
2	14602 Oliver Copeland		Emu Plains	34.20
3	14655 Henry Cairns		Emu Plains	36.99
4	9022 Julian Bazouni		Winston Hills	36.43
5	1677 Louis Lee		Lethbridge Park	35.28
6	41189 Levi Vehikite		Nepean	37.00
7	1845 Thomas Taylor		Hills District	35.06
8	8756 Patrick Morris		Winston Hills	33.38

Event 156 Girls U 17 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 1:24 PM**

Region: 25.01 9/02/2020 Jessica Laurance
State: 24.08 25/03/2018 Caitlin Ferrier

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	19085 Leah Westcott		Nepean	36.92
2	35333 Nekea Talaia		Emu Plains	26.99
3	32338 Grace Nolan		Rouse Hill	30.79
4	25578 Chloe Burrows		Penrith	34.34
5	2232 Ava Pelaez		Hills District	28.66
6	42028 Charlotte Fleming		Rouse Hill	28.73
7	2028 Annissa Quee		Hills District	26.02
8	19660 Mia Patel		Prospect	30.80
Heat 2 of 2 Heats				
1	33872 Tulliana Kabuyawa		Hills District	25.84
2	2236 Avalene Tandog		Hills District	27.53
3	23376 chloe Riley		Tallawong Park	29.77
4	12555 Taya Zammit		Blacktown	30.09
5	1863 Marley McKenzie		Hills District	27.85
6	26759 Caitlyn Griggs		Cranebrook	33.24
7	19547 Kairi Pope		Prospect	37.61
8	16126 Elle Brooks		Hawkesbury City	31.65

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Event 157 Boys U 17 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 1:28 PM**

Region: 22.23 17/02/2013 Anas Abu Gamaba
State: 21.32 19/03/2017 Yadin Ngeng

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	16100 Cameron Davies		Hawkesbury City	22.29
2	1618 Jack Fyfe		Lethbridge Park	25.87
3	41204 Athiei Deng		Nepean	25.80
4	2206 Amir Saeedi		Hills District	23.23
5	2306 Parker Bohman		Hills District	23.66
6	14703 Kian Brown		Emu Plains	24.20
7	8696 Zachary Redwood		Winston Hills	24.33
8	40876 Osione Ugbonmhe		Werrington	33.60
Heat 2 of 2 Heats				
1	19595 Zackary Armitage		Prospect	23.99
2	19784 Jack Cummins		Quakers Hill	25.09
3	1878 Noah Baccan Ribeiro		Hills District	24.05
4	41205 Junior Pita		Nepean	27.86
5	1874 Liam Roche		Hills District	22.50
6	13939 Clayton Knoester		Doonside	27.37
7	36483 Maximus Konstantinof		Emu Plains	24.51
8	2026 Dylan Illangantilake		Hills District	22.75

Event 158 Girls U 15 - 200 Metre Sprint (15)**Sunday 19/02/2023 - 1:32 PM**

Region: 25.16 18/02/2018 Gabrielle Bingham
State: 24.24 20/03/2005 Olivia Tauro
State: 24.24 22/02/2009 Ella Nelson

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	13965 Evelyn Kuwendu		Doonside	29.98
2	1911 Mikayla Muscat		Hills District	27.22
3	8577 Andra Vintila		The Ponds	30.71
4	32366 Marlee Deane		Rouse Hill	29.21
5	14500 Ainsley Giampietro		Emu Plains	28.08
6	14618 Mabel Dukes		Emu Plains	28.42
7	30557 Mya Scott		The Ponds	29.19
Heat 2 of 2 Heats				
1	9546 Adriana Borg		Colyton St Clair	27.51
2	24618 Lilli Kandel		Werrington	29.32
3	21600 Lily Caines		Rouse Hill	27.64
4	25562 Kiara Pagnamenta		Penrith	29.16
5	33827 Serena Vanderklauw		Hills District	33.40
6	33493 Siena Overton		Winston Hills	29.28
7	21611 Akshaya Thilak		Rouse Hill	31.95
8	8793 Lily Johnston		Winston Hills	28.85

Event 159 Boys U 15 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 1:36 PM**

Region: 23.15 21/02/2016 Joshua McLachlan
State: 21.74 22/02/2009 Nicholas Hough

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	24729 Ethan Hadfield		Werrington	24.14
2	23345 Lucas Abiuso		Tallawong Park	27.13
3	25502 Sanuka Koswattage		Penrith	26.84
4	25550 Luke Alderson		Penrith	24.69
5	8245 Kevin Bosco		The Ponds	25.60
6	2071 Nitesh Raj Vaidyam		Hills District	24.91
7	41177 Hussain Akram		Nepean	32.77
8	21745 Calem Fyfe		Rouse Hill	25.64
Heat 2 of 2 Heats				
1	19140 Nikhil Jowaheer		Nepean	29.46
2	2050 Liam Hayes		Hills District	24.52
3	19582 Derrick Acellam Oyoo		Prospect	25.38
4	12395 Kushal Mariguddi		Blacktown	27.50
5	1908 Taylan Weissel		Hills District	24.28
6	8211 Aneeq Aleem		The Ponds	26.47
7	8833 Joshua Hand		Winston Hills	25.13
8	1804 Cooper Thorpe		Hills District	26.35

Event 160 Girls U 14 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 1:40 PM**

Region: 25.56 9/02/2020 Tuliana Kabuyawa
State: 24.54 16/03/2008 Ella Nelson

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	21682 Flynn Cowper		Rouse Hill	28.53
2	8279 Amy Christie		The Ponds	29.39
3	8967 Skye Bollinger		Winston Hills	30.63
4	30489 Molly Mills		The Ponds	30.54
5	1981 Angelina Burford		Hills District	26.87
6	25600 Charlotte Bradshaw		Penrith	28.18
7	25379 Mia Brown		Penrith	31.82
8	38877 Kasey Wallace		Quakers Hill	29.40
Heat 2 of 2 Heats				
1	20820 Marlee Gill		Riverstone	29.26
2	34820 Grace Kalina		Hills District	30.68
3	12377 Gabriella Baker		Blacktown	28.05
4	17083 Lacey Wynne		Kings Langley	29.56
5	23425 Amber Reveley		Tallawong Park	28.02
6	35356 Ayla Kandemir		Emu Plains	31.07
7	1870 Jordyn Deen		Hills District	28.68
8	19131 Taylah Conway		Nepean	29.50

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Event 161 Boys U 14 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 1:44 PM**

Region: 23.79 10/02/2019 Lachlan Wood
State: 22.64 19/02/2006 Luke Hamer

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	1797 Julian Freeland		Hills District	27.56
2	34620 Brayden Doran		Quakers Hill	26.27
3	1782 Jack Proudford		Hills District	24.37
4	19650 Xavier Fenech		Prospect	28.16
5	2215 Aarush Anandh		Hills District	27.26
6	35339 Brodie Williams		Emu Plains	25.10
7	8922 Jacob Sugumarana		Winston Hills	26.77
8	8237 Koby Bell		The Ponds	27.20
Heat 2 of 2 Heats				
1	2283 Marcus Catford		Hills District	26.01
2	19628 Darius Pratt		Prospect	28.78
3	8875 Elliot Fletcher		Winston Hills	25.85
4	24617 Xavier Piper		Werrington	27.09
5	14702 Kael Brown		Emu Plains	27.30
6	40875 Epeosi Ugbomhe		Werrington	24.31
7	17211 Ruhan Kalal		Kings Langley	27.34
8	24561 Elias Mcgaughey		Werrington	26.92

Event 162 Girls U 13 - 200 Metre Sprint (17)**Sunday 19/02/2023 - 1:48 PM**

Region: 26.79 10/02/2019 Tulliana Kabuyawa
State: 24.96 19/03/2017 Alice Dixon

Lane	Name	Age	Centre	Seed Time
Heat 1 of 3 Heats				
3	19753 Matilda Oxley		Quakers Hill	29.61
4	1827 Beyza Sevdimbaz		Hills District	26.38
5	30641 Delilah Heterick		Cranebrook	29.56
6	35539 Elise Fan		Quakers Hill	30.32
7	11331 Ariella Culina		Minchinbury	30.30
Heat 2 of 3 Heats				
1	21570 Talia Beattie		Rouse Hill	30.36
2	24636 Laylah Golden		Werrington	32.68
3	33953 Amelia Farag		Doonside	29.36
4	1875 Tara Roche		Hills District	29.90
5	2161 Ruby Kernaghan		Hills District	26.67
6	26730 Chelsea Attwill		Cranebrook	30.28
Heat 3 of 3 Heats				
1	32367 Isobel Deane		Rouse Hill	30.09
2	35324 Lilly Brown		Emu Plains	28.69
3	1757 Olivia Scott-Rogers		Hills District	27.94
4	24568 Hannah Loxley		Werrington	30.45
5	19892 Sarah Edenborough		Quakers Hill	30.05
6	16120 Tabitha Broughton		Hawkesbury City	30.82

Event 163 Boys U 13 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 1:54 PM**

Region: 24.69 18/02/2018 Lachlan Wood
State: 23.34 18/03/2007 Nicholas Hough

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	34818 Jet Heah		Hills District	27.79
2	24642 Timothy Peters		Werrington	31.79
3	14718 Liam Mcsweeney		Emu Plains	29.33
4	1824 Kaiden Laing		Hills District	28.77
5	32612 Noah Kemp		Hawkesbury City	26.36
6	24721 Raemon-jr Gatehau		Werrington	31.46
7	13981 Eli Ma'u		Doonside	31.36
8	37801 Franklin Gaitanidis		Winston Hills	27.52
Heat 2 of 2 Heats				
1	37411 Payton Tuifelasai		Doonside	29.61
2	21616 Alexander Benforte		Rouse Hill	26.87
3	19661 Maxx Patel		Prospect	31.20
4	2245 Max Horsey		Hills District	28.09
5	8672 Lachlan Thomas		Winston Hills	27.24
6	24730 Jack Woodgate		Werrington	31.62
7	34565 Ismail Akram		Nepean	31.76
8	8453 Adam Nasser		The Ponds	27.83

Event 164 Girls U 12 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 1:58 PM**

Region: 27.02 21/02/2016 Jessica Laurance
State: 25.69 25/03/2018 Chelsea Ezeoke

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	8723 Katty Naylor		Winston Hills	31.37
2	24629 Chloe Williams		Werrington	29.47
3	33952 Hannah Farag		Doonside	33.78
4	19844 Addison Jeyaratnam		Quakers Hill	34.59
5	20773 Chelsea Chapman		Riverstone	29.58
6	23319 Gabriella Caccamo		Tallowong Park	30.24
7	2085 Halle Sinclair		Hills District	31.29
8	32330 Portia Kearney		Rouse Hill	30.70
Heat 2 of 2 Heats				
1	2348 Maya Wettimuny		Hills District	29.27
2	1862 Eva McKenzie		Hills District	29.64
3	36472 Hayley Milson		Emu Plains	31.12
4	25521 Indie Grover		Penrith	33.59
5	1953 Madison Harris		Hills District	30.09
6	2115 Ava Chapman Read		Hills District	31.85
7	34576 Aliyah Adjei		Nepean	31.22
8	13974 Isabella-Maria Parker		Doonside	35.09

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Event 165 Boys U 12 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 2:02 PM**

Region: 25.56 17/02/2013 Shane Munaweera
State: 24.43 25/03/2018 Rashid Kabba

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	2196 Magnus Myhre Fox		Hills District	30.25
2	21650 Blake Spencer		Rouse Hill	29.58
3	2102 Finn Sweeney		Hills District	30.10
4	19559 Jeremy Boafo		Prospect	28.57
5	13988 Hayden straub		Doonside	29.56
6	14671 Remy Cross		Emu Plains	30.78
7	2027 Tristan Quee		Hills District	31.79
8	2296 Vakalahi Taufa		Hills District	29.09
Heat 2 of 2 Heats				
1	14594 Timothy Hammond		Emu Plains	30.66
2	23337 Noah Bajada		Tallawong Park	26.87
3	8881 Ryan Haaf		Winston Hills	29.99
4	37181 Jye Aney-Fuller		Hawkesbury City	29.22
5	25461 Zachary Bateman		Penrith	30.38
6	14007 Jarwyn Quartey		Doonside	32.14
7	40874 Ebosioigwe Ugbohmhe		Werrington	29.97
8	1833 Elijah Zackey		Hills District	29.51

Event 166 Girls U 11 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 2:06 PM**

Region: 28.59 22/02/2015 Jessica Laurance
State: 26.12 19/03/2017 Chelsea Ezeoke

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	19583 Emily O Atwon		Prospect	33.50
2	2170 Emily Deverson		Hills District	31.87
3	1946 Vienna Gergely-hollai		Hills District	33.65
4	9443 Sage Zammitt		Colyton St Clair	38.75
5	1817 Savannah Cox		Hills District	30.13
6	8851 Kiara Haywood		Winston Hills	32.45
7	14081 Luvini Dissanayake		Doonside	31.68
8	8456 Scarlett Nest		The Ponds	32.53
Heat 2 of 2 Heats				
1	32429 Jordan Simpson		Rouse Hill	32.11
2	12387 Bronte Carr		Blacktown	32.61
3	25535 Emelia Corby		Penrith	37.93
4	29734 Elsie Bignall		Penrith	32.78
5	14627 Emily Payne		Emu Plains	35.33
6	2349 Grace Gadd		Hills District	32.00
7	20792 Savannah Ryan		Riverstone	31.22
8	8921 Justice Sugumaran		Winston Hills	30.94

Event 167 Boys U 11 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 2:10 PM**

Region: 27.52 18/02/2018 Lachlan Powell
State: 25.84 11/03/1978 Robert Stanford

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	2771 Joshua Olarewaju		Mt Druitt	29.57
2	41706 Josiah Skinner		Emu Plains	30.01
3	8407 Vinal Liyanage		The Ponds	32.92
4	16119 Heath Broughton		Hawkesbury City	30.10
5	1810 Cameron Batey		Hills District	29.42
6	37806 Peiu Viko		Winston Hills	32.16
7	8918 Leon De Silva		Winston Hills	31.44
8	14734 Jett Rymer		Emu Plains	31.07
Heat 2 of 2 Heats				
1	2082 Carter Bergan		Hills District	29.87
2	35299 Beau Argat		Minchinbury	30.54
3	2185 Lucas Mendonca		Hills District	31.54
4	1752 Xavier Eason		Hills District	29.18
5	40868 Mukhtar Ogunwoolu		Werrington	29.92
6	14610 Peter Bachtis		Emu Plains	30.54
7	12554 Kylan Zammit		Blacktown	33.13
8	25601 Lachlan Bradshaw		Penrith	31.95

Event 168 Girls U 10 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 2:14 PM**

Region: 30.05 17/02/2013 Caitlin Preston
State: 28.22 21/03/2010 Kristie Edwards

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	1652 Annabelle Mathieson		Lethbridge Park	38.49
2	8750 Hannah Johnston		Winston Hills	33.91
3	19888 Lilly Huang		Quakers Hill	33.10
4	31983 Mia Portelli		Riverstone	32.94
5	20719 Isla Banks		Riverstone	35.46
6	25507 Briar Auv'a		Penrith	32.02
7	14017 Azalyah Halangahu		Doonside	34.22
8	21479 Capri Borg		Rouse Hill	35.85
Heat 2 of 2 Heats				
1	25084 Sabella Whelan		Cranebrook	33.59
2	14652 Jenna Haydon		Emu Plains	37.54
3	20653 Brae Aldaba		Riverstone	34.51
4	21597 Milla Mare		Rouse Hill	32.73
5	19531 Haven Puapua		Prospect	32.03
6	23404 Alannah McKeown-Fla		Tallawong Park	33.55
7	32404 Eloise Connors		Rouse Hill	37.08
8	14613 Malia Odhiambo		Emu Plains	34.81

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Event 169 Boys U 10 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 2:18 PM**

Region: 29.33 9/02/2020 Alexander Benforte
State: 26.94 11/03/1978 Chris Newman

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	20658 Vidyut Arulraj		Riverstone	30.49
2	32406 Eamon Eastman		Rouse Hill	34.21
3	14653 Alexander Simpson		Emu Plains	31.36
4	8836 Matthew Prettyman		Winston Hills	33.05
5	25570 Blake Miller		Penrith	33.31
6	19711 James McDonald		Quakers Hill	33.72
7	24669 Jax McAvoy		Werrington	32.11
8	8371 Jalen Karbon		The Ponds	33.98
Heat 2 of 2 Heats				
1	21553 Korbin Bruckard		Rouse Hill	34.02
2	2014 Bayley Ayers		Hills District	33.70
3	14710 Jett Ward		Emu Plains	34.04
4	9530 Daniel Latu		Colyton St Clair	33.59
5	2289 Charlie Elkadi		Hills District	32.43
6	11444 Samuel Smith		Minchinbury	32.23
7	19558 Patrick Boafo		Prospect	31.13
8	14672 Arthur Balkin		Emu Plains	30.81

Event 170 Girls U 9 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 2:22 PM**

Region: 30.59 21/02/2016 Tuliana Kabuyawa
State: 28.74 25/03/1990 Rosemary Hayward

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	2021 Anabel Jurkovic		Hills District	34.98
2	25530 Airlie Howard		Penrith	36.99
3	20793 Samarah Ryan		Riverstone	38.30
4	2160 Sophie Connellan		Hills District	35.94
5	20833 Avalon McLachlan		Riverstone	35.83
6	8307 Sally Dunn		The Ponds	38.36
7	25574 Allegra Tantalos		Penrith	36.68
8	25610 Lennie Nix		Penrith	35.35
Heat 2 of 2 Heats				
1	19916 Alea van der Merwe		Quakers Hill	38.73
2	25374 Isabella Bateman		Penrith	37.79
3	9023 Bridgette Bazouni		Winston Hills	35.61
4	21641 Caitlin Butler		Rouse Hill	37.50
5	14079 Madison Adams		Doonside	36.49
6	1945 Amalia Gergely-hollai		Hills District	34.86
7	1750 Lara Batey		Hills District	35.55
8	8354 Aubrey Howell		The Ponds	36.33

Event 171 Boys U 9 - 200 Metre Sprint (16)**Sunday 19/02/2023 - 2:26 PM**

Region: 29.87 18/02/2018 Joseph Ezekiel
State: 28.44 22/03/1975 Glen Murgatroyd

Lane	Name	Age	Centre	Seed Time
Heat 1 of 2 Heats				
1	19581 Nathaniel L Oyoo		Prospect	36.01
2	8748 Harrison Bouquet		Winston Hills	33.06
3	41704 Mason Mercia		Emu Plains	31.73
4	19104 William Treharne		Nepean	32.86
5	14673 Theo Cross		Emu Plains	34.28
6	31499 Hadriel Fernando		Quakers Hill	34.30
7	30636 Euan Macgregor		Cranebrook	35.40
8	1967 Thys Roodt		Hills District	32.51
Heat 2 of 2 Heats				
1	41092 Tyreece Stanley		Lethbridge Park	33.89
2	8731 Theodore Foggo		Winston Hills	33.22
3	35513 Jacob Onorato		Quakers Hill	36.31
4	41171 Riley Penning		Nepean	32.68
5	20713 Jaxx Catelotti		Riverstone	34.91
6	8758 Oliver Dennis		Winston Hills	30.22
7	2194 Hudson Tait		Hills District	32.65
8	29718 Riley-j Frendo		Penrith	34.87

Event 187 Girls U 9-12 4x100 Metre Relay (Jnr) (6)**Sunday 19/02/2023 - 3:50 PM**

Region: 56.86 18/02/2018 Hills District
State: 54.62 25/03/2012 Manly Warringah
 M Park, t kabuyawa, A Powell, T Paki

Lane	Centre	Relay	Seed Time
Section 1 of 1 Final			
1	The Ponds		1:03.13
4	Tallawong Park		1:04.65
5	Winston Hills		1:02.24
6	Penrith		1:02.78
7	Hills District		1:00.64
8	Werrington		1:03.92

Event 188 Boys U 9-12 4x100 Metre Relay (Jnr) (6)**Sunday 19/02/2023 - 3:54 PM**

Region: 57.02 10/02/2019 Hills District
State: 53.84 17/03/1996 Bankstown Sports
State: 53.84 20/03/2016 Ku-Ring-Gai
 Y Tajudeen, R Nolan, L Albert, C Thorpe

Lane	Centre	Relay	Seed Time
Section 1 of 1 Final			
1	Minchinbury		1:02.79
2	Penrith		1:01.12
4	Hills District		58.28
5	Winston Hills		58.70
6	Emu Plains		56.98
7	Prospect		1:01.52

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Event 189 Girls U 12-17 4x100 Metre Relay (Snr) (6)

Sunday 19/02/2023 - 3:58 PM

Region: 50.52 19/02/2017 Hills District

L.Jacobs, E Buchanan, E Page, A Fartek

State: 48.69 24/03/2013 Manly Warringah

Lane	Centre	Relay	Seed Time
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Section 1 of 1 Final

1	Doonside		56.52	_____
2	Winston Hills		53.96	_____
3	Werrington		58.57	_____
4	Emu Plains		55.79	_____
5	Prospect		56.67	_____
6	Hills District		50.39	_____

Event 190 Boys U 12-17 4x100 Metre Relay (Snr) (6)

Sunday 19/02/2023 - 4:02 PM

Region: 45.81 20/02/2022 Hills District

J Proudford, L Hayes, D Illangantilake, S Kumar

State: 45.63 21/03/2010 Cherrybrook

Lane	Centre	Relay	Seed Time
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Section 1 of 1 Final

1	Quakers Hill		51.86	_____
2	Hawkesbury City		49.57	_____
3	Prospect		50.97	_____
4	Hills District		46.99	_____
6	Emu Plains		52.05	_____
8	Werrington		48.82	_____

Event 195 Girls U 11-12 200 Metre Multi Class Run (1)

Sunday 19/02/2023 - 4:34 PM

Region: 34.97 10/02/2019 Layla Sharp

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

5	Eden Brooks (T/F20)		Rouse Hill	NT	_____
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Event 196 Boys U 11-12 200 Metre Multi Class Run (1)

Sunday 19/02/2023 - 4:38 PM

Region: 49.62 20/02/2022 Ethan Odell

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

6	32357 Ethan Odell (T/F20)		Rouse Hill	NT	_____
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Event 197 Girls U 15-17 200 Metre Multi Class Run (1)

Sunday 19/02/2023 - 4:38 PM

Region: 46.29 20/02/2022 Layla Sharp (T/F12)

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

4	24671 Layla Sharp (T12)		Werrington	NT	_____
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Event 198 Boys U 15-17 200 Metre Multi Class Run (3)

Sunday 19/02/2023 - 4:38 PM

Region: 48.17 20/02/2022 Nilesh Srikanthan (T/F20)

Lane	Name	Age	Centre	Seed Time
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Section 1 of 1 Final

5	12458 Nilesh Srikanthan (T/F		Blacktown	NT	_____
7	35865 Caleb Quass (T/F20))		Colyton St Clair	NT	_____
8	24640 Lowndes Motler (T/F2)		Werrington	NT	_____

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Session: 4 Sunday Field Events
Day 2 - Sunday 19/02/2023 - Starts at 08:00 AM

Starts at	Event	Round	Entries	Heats
8:00 AM	#56 Boys U 8 - Discus (500 Gram)	Final	16	1
9:30 AM	#57 Boys U 9 - Discus (500 Gram)	Final	16	1
11:00 AM	#58 Girls U 9 - Discus (500 Gram)	Final	16	1
8:00 AM	#59 Girls U 14 - Discus (1.0 Kg)	Final	16	1
8:00 AM	#60 Girls U 13-14 Multi Class Discus	Final	1	1
9:30 AM	#61 Boys U 15 - Discus (1.0 Kg)	Final	14	1
11:30 AM	#62 Girls U 13 - Discus (750 Gram)	Final	16	1
1:00 PM	#63 Girls U 17 - Discus (1.0 Kg)	Final	14	1
1:00 PM	#64 Girls U 15-17 Multi Class Discus	Final	1	1
2:30 PM	#65 Boys U 11 - Discus (500 Gram)	Final	16	1
4:00 PM	#66 Girls U 11 - Discus (500 Gram)	Final	16	1
8:00 AM	#67 Girls U 17 - High Jump (S/H 1.30m)	Final	5	1
8:45 AM	#68 Boys U 11 - High Jump (S/H 1.10m)	Final	14	1
10:15 AM	#69 Boys U 13 - High Jump (S/H 1.25m)	Final	13	1
11:45 AM	#70 Boys U 15 - High Jump (S/H 1.30m)	Final	10	1
8:00 AM	#71 Boys U 12 - High Jump (S/H 1.20m)	Final	12	1
9:30 AM	#72 Boys U 10 - High Jump (S/H 1.00m)	Final	15	1
11:00 AM	#73 Girls U 10 - High Jump (S/H 0.95m)	Final	14	1
12:30 PM	#74 Girls U 14 - High Jump (S/H 1.25m)	Final	7	1
2:15 PM	#76 Girls U 15 - Javelin (500 Gram)	Final	10	1
12:45 PM	#77 Girls U 11 - Javelin (400 Gram)	Final	16	1
3:00 PM	#78 Girls U 13 - Javelin (400 Gram)	Final	16	1
8:00 AM	#79 Boys U 9 - Long Jump	Final	16	1
9:30 PM	#80 Girls U 9 - Long Jump	Final	16	1
11:00 AM	#81 Girls U 11 - Long Jump	Final	16	1
12:40 PM	#82 Boys U 14 - Long Jump	Final	16	1
12:40 PM	#83 Boys U 13-14 Multi Class Long Jump	Final	1	1
8:00 AM	#84 Girls U 12 - Long Jump	Final	16	1
8:00 AM	#85 Girls U 11-12 Multi Class Long Jump	Final	2	1
9:30 AM	#86 Girls U 15 - Long Jump	Final	12	1
10:40 AM	#87 Girls U 17 - Long Jump	Final	16	1
12:10 PM	#88 Boys U 11 - Long Jump	Final	16	1
8:00 AM	#89 Boys U 17 - Shot Put (5.0 Kg)	Final	14	1
8:00 AM	#90 Boys U 15-17 Multi Class Shot Put	Final	3	1
9:30 AM	#91 Girls U 10 - Shot Put (2.0 Kg)	Final	16	1
11:00 AM	#92 Boys U 10 - Shot Put (2.0 Kg)	Final	16	1
12:30 PM	#93 Girls U 15 - Shot Put (3.0 Kg)	Final	14	1
8:00 AM	#94 Girls U 8 - Shot Put (1.5 Kg)	Final	16	1
9:30 AM	#95 Boys U 14 - Shot Put (3.0 Kg)	Final	15	1
9:30 AM	#96 Boys U 13-14 Multi Class Shot Put	Final	1	1
11:00 AM	#97 Boys U 12 - Shot Put (2.0 Kg)	Final	16	1
11:00 AM	#98 Boys U 11-12 Multi Class Shot Put	Final	1	1
12:30 PM	#99 Boys U 13 - Shot Put (3.0 Kg)	Final	17	1
2:00 PM	#100 Girls U 12 - Shot Put (2.0 Kg)	Final	16	1
2:00 PM	#101 Girls U 11-12 Multi Class Shot Put	Final	2	1
8:00 AM	#102 Boys U 15 - Triple Jump	Final	13	1
9:30 AM	#103 Girls U 12 - Triple Jump	Final	16	1

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Session Report

Session: 4 Sunday Field Events
 Day 2 - Sunday 19/02/2023 - Starts at 08:00 AM

Starts at	Event	Round	Entries	Heats
11:00 AM	#104 Boys U 14 - Triple Jump	Final	14	1
1:00 PM	#105 Boys U 12 - Triple Jump	Final	16	1
8:00 AM	#106 Boys U 13 - Triple Jump	Final	16	1
9:30 AM	#107 Girls U 14 - Triple Jump	Final	13	1
11:00 AM	#108 Boys U 17 - Triple Jump	Final	16	1
1:30 PM	#109 Girls U 13 - Triple Jump	Final	16	1
	Athlete Count: 551		=====	=====
	Entry / Heat Totals:		668	53

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Event 56 Boys U 8 - Discus (500 Gram) (16)**Sunday 19/02/2023 - 8:00 AM**

Region: 26.50m 20/02/2016 Lachlan Metcalfe
State: 31.36m 16/02/1992 Gareth Care

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	21759 Alfie Dowling		Rouse Hill	11.63m	_____
2	8564 Elijah Tripney		The Ponds	11.42m	_____
3	8892 Max Arkins		Winston Hills	13.28m	_____
4	19103 Tyler Treharne		Nepean	14.62m	_____
5	24665 Brayden Kirchmair		Werrington	11.41m	_____
6	8574 Malakai Vea		The Ponds	15.03m	_____
7	9465 Kobee Laws		Colyton St Clair	11.78m	_____
8	19544 James de Vos		Prospect	9.84m	_____
9	2338 Archie Roberts		Hills District	11.86m	_____
10	12383 Sandon Stojic		Blacktown	12.60m	_____
11	21560 Leonardo Borgiani		Rouse Hill	13.63m	_____
12	1787 Ismaeel Khan		Hills District	12.95m	_____
13	32628 Cheyse Lye		Hawkesbury City	12.96m	_____
14	19026 Jaxon Leslie		Nepean	15.60m	_____
15	30632 Ollie Robertson		Cranebrook	12.27m	_____
16	1815 Ashton Delmage		Hills District	15.87m	_____

Event 57 Boys U 9 - Discus (500 Gram) (16)**Sunday 19/02/2023 - 9:30 AM**

Region: 28.51m 19/02/2017 Lachlan Metcalfe
State: 36.68m 22/11/1998 Jamal Idris

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1893 Flynn Howard		Hills District	16.31m	_____
2	19777 Jasraj Singh		Quakers Hill	12.98m	_____
3	19060 Cooper Campbell		Nepean	16.66m	_____
4	20728 Hunter Stewart		Riverstone	15.18m	_____
5	12548 Jack Rezkallah		Blacktown	14.33m	_____
6	9405 Zaviar Tanielu-park		Colyton St Clair	20.57m	_____
7	12459 Xavier Bayssari		Blacktown	13.06m	_____
8	8408 Senal Liyanage		The Ponds	14.19m	_____
9	2194 Hudson Tait		Hills District	16.94m	_____
10	26780 Roman Sawaszenko		Cranebrook	25.08m	_____
11	19111 Liam Forth		Nepean	17.80m	_____
12	19077 Harrison Forth		Nepean	23.93m	_____
13	2110 Caelan Dixon		Hills District	17.85m	_____
14	2166 Luca D'Urso		Hills District	17.31m	_____
15	14642 Christian Simpson		Emu Plains	15.37m	_____
16	14673 Theo Cross		Emu Plains	16.31m	_____

Event 58 Girls U 9 - Discus (500 Gram) (16)**Sunday 19/02/2023 - 11:00 AM**

Region: 24.10m 22/02/2015 Clare Grubba
State: 31.22m 28/11/2004 Filoi Aokuso

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	2825 Sahara Swanson-Tu'uma		Mt Druitt	9.56m	_____
2	19082 Hannah Parkinson		Nepean	11.51m	_____
3	21582 Airlie Perkins		Rouse Hill	13.13m	_____
4	19464 Grace Fenech		Prospect	10.12m	_____
5	8870 Sela Wolfgramm		Winston Hills	11.55m	_____
6	26750 Emily Sztelma		Cranebrook	11.18m	_____
7	8907 Olivia Scerri		Winston Hills	11.44m	_____
8	14649 Antonia Powter		Emu Plains	18.84m	_____
9	32432 Saanvi Saravana		Rouse Hill	14.24m	_____
10	11324 Holly Bugeja		Minchinbury	10.08m	_____
11	33853 Charlotte Janse Van Vu		Hills District	12.40m	_____
12	11322 Chloe Davis		Minchinbury	11.82m	_____
13	19003 Sophie Maloney		Nepean	20.31m	_____
14	41193 Millie Okell		Nepean	14.90m	_____
15	37974 Diandra Anya Premach		Rouse Hill	17.68m	_____
16	25594 Mikayla Pace		Penrith	11.51m	_____

Event 59 Girls U 14 - Discus (1.0 Kg) (16)**Sunday 19/02/2023 - 8:00 AM**

Region: 41.74m 19/02/2016 Sally Shokry
State: 45.39m 20/03/2016 Sally Shokry

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	2836 Kaiah Wong		Mt Druitt	ND	_____
2	8469 Georgia Parsell		The Ponds	15.71m	_____
3	19557 Vera Boafo		Prospect	21.79m	_____
4	12553 Reeghan Zammit		Blacktown	16.54m	_____
5	8232 Kiana Banza		The Ponds	15.74m	_____
6	32374 Charlie Gravina		Rouse Hill	18.07m	_____
7	25600 Charlotte Bradshaw		Penrith	17.03m	_____
8	30475 Olivia Briggs		The Ponds	16.56m	_____
9	9406 Zhaliya Tanielu-park		Colyton St Clair	24.98m	_____
10	1788 Isabella West		Hills District	21.98m	_____
11	26747 Jemma Camilleri		Cranebrook	31.37m	_____
12	25546 Mannat Mann		Penrith	16.22m	_____
13	1870 Jordyn Deen		Hills District	24.91m	_____
14	19776 Jasmine Kaur		Quakers Hill	17.75m	_____
15	1614 Lilith Dartnell		Lethbridge Park	14.99m	_____
16	8967 Skye Bollinger		Winston Hills	18.43m	_____

Event 60 Girls U 13-14 Multi Class Discus (1)**Sunday 19/02/2023 - 8:00 AM**

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

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	41198 Lesieli Mokofisi (T/F20)		Nepean	ND	_____

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Event 61 Boys U 15 - Discus (1.0 Kg) (15)**Sunday 19/02/2023 - 9:30 AM****Region: 55.76m 17/02/2018 Lucas Rose****State: 64.26m 15/02/2015 Nicholas Frost**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	17193 Riley Duncum		Kings Langley	30.00m	_____
2	2350 Teaghan Negri		Hills District	19.86m	_____
3	8245 Kevin Bosco		The Ponds	26.60m	_____
4	16111 Tory Emme		Hawkesbury City	28.94m	_____
5	12551 Bradley Yousef		Blacktown	17.34m	_____
6	41094 Dominic Apulu		Lethbridge Park	17.14m	_____
7	25502 Sanka Koswattage		Penrith	8.78m	_____
8	17209 Lachlan Metcalfe		Kings Langley	49.48m	_____
9	25550 Luke Alderson		Penrith	26.52m	_____
10	2248 Luke Williams		Hills District	27.91m	_____
11	19115 James Schofield		Nepean	48.59m	_____
12	8972 Rohnan Lindsay		Winston Hills	35.81m	_____
13	38862 Julio-Xavier Tatupu		Quakers Hill	ND	_____
14	32373 Cooper Gravina		Rouse Hill	18.91m	_____
15	35518 Dominic-Xavier Tatupu		Quakers Hill	ND	_____

Event 62 Girls U 13 - Discus (750 Gram) (16)**Sunday 19/02/2023 - 11:30 AM****Region: 43.33m 10/02/2019 Rachel Bardney****State: 49.57m 20/03/2009 Taylah Sengul**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	25519 Ava Gregory		Penrith	18.90m	_____
2	1647 Destiny Pelasio		Lethbridge Park	15.60m	_____
3	11331 Ariella Culina		Minchinbury	15.81m	_____
4	14035 Savannah Hill		Doonside	23.32m	_____
5	21750 Laura Eustace		Rouse Hill	19.24m	_____
6	2241 Amelia Newman		Hills District	27.69m	_____
7	32367 Isobel Deane		Rouse Hill	17.30m	_____
8	19728 Larissa Ingram		Quakers Hill	17.47m	_____
9	8964 Sarah Kenna		Winston Hills	18.12m	_____
10	2804 Dakota Howie		Mt Druitt	17.51m	_____
11	37800 Poppy Jennings		Winston Hills	18.67m	_____
12	19841 Lexie Beacroft		Quakers Hill	18.47m	_____
13	1757 Olivia Scott-Rogers		Hills District	26.53m	_____
14	41195 Kiarna Bretschneider		Nepean	15.19m	_____
15	9555 Alexis South		Colyton St Clair	23.94m	_____
16	24636 Laylah Golden		Werrington	21.68m	_____

Event 63 Girls U 17 - Discus (1.0 Kg) (14)**Sunday 19/02/2023 - 1:00 PM****Region: 43.68m 10/02/2019 Sally Shokry****State: 48.65m 17/02/2012 Taylah Sengul**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	24595 Emma Matthias		Werrington	34.82m	_____
2	32356 Amelia Odell		Rouse Hill	18.53m	_____
3	37721 Kirra Gibson		Blacktown	20.00m	_____
4	8977 Rachel Bardney		Winston Hills	36.70m	_____
5	1691 Moana Appleby		Lethbridge Park	16.77m	_____
6	20721 Courtney Kitching		Riverstone	29.62m	_____
7	14069 Chloe Hart		Doonside	12.91m	_____
8	12555 Taya Zammit		Blacktown	19.18m	_____
9	8864 Clare Grubba		Winston Hills	30.89m	_____
10	1785 Jacinta Hilton		Hills District	18.44m	_____
11	19610 Achol Mow		Prospect	19.11m	_____
12	1762 Lucy Fuccenecco		Hills District	13.71m	_____
13	14051 Amayah Burns		Doonside	24.68m	_____
14	25578 Chloe Burrows		Penrith	17.66m	_____

Event 64 Girls U 15-17 Multi Class Discus (1)**Sunday 19/02/2023 - 1:00 PM**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	25541 Michayla Espie (T/F20)		Penrith	ND	_____

Event 65 Boys U 11 - Discus (500 Gram) (16)**Sunday 19/02/2023 - 2:30 PM****Region: 39.45m 10/02/2019 Alexander Pupualii****State: 41.51m 17/03/2019 Jozef Cluff**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	24599 Eli Simpson		Werrington	23.15m	_____
2	8719 Hayden Martin		Winston Hills	24.61m	_____
3	35517 Jeremiah Xyndel Tatup		Quakers Hill	35.32m	_____
4	19735 Nate Nand		Quakers Hill	21.91m	_____
5	33858 Evan Dinsmore		Hills District	19.78m	_____
6	32383 Evin Ayod Premachand		Rouse Hill	30.10m	_____
7	37799 Tobias Jennings		Winston Hills	18.04m	_____
8	41706 Josiah Skinner		Emu Plains	25.84m	_____
9	8575 London Veal		The Ponds	27.08m	_____
10	19855 Liam van Eck		Quakers Hill	20.14m	_____
11	14605 Ryley Coote		Emu Plains	19.84m	_____
12	8963 Matthew Kenna		Winston Hills	18.37m	_____
13	14078 Riley Adams		Doonside	20.20m	_____
14	25540 Devrim Tenish		Penrith	19.03m	_____
15	19765 Fraser Reynolds-Nutt		Quakers Hill	33.08m	_____
16	21598 Isaac Portelli		Rouse Hill	30.06m	_____

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Event 66 Girls U 11 - Discus (500 Gram) (16)**Sunday 19/02/2023 - 4:00 PM****Region: 32.80m 17/02/2013 Sally Shokry****State: 33.35m 10/02/2019 Tayla Moore**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	25520 Taylah Pagnamenta		Penrith	22.30m	_____
2	8754 Piper Andrews		Winston Hills	20.32m	_____
3	20701 Mackenzie Kitching		Riverstone	17.64m	_____
4	19615 Mikaela Fenech		Prospect	16.83m	_____
5	1890 Olivia Ferns		Hills District	19.30m	_____
6	2375 Macy Simpson		Hills District	14.61m	_____
7	20693 Ocean Kennedy		Riverstone	26.25m	_____
8	25527 Havana Pagnamenta		Penrith	23.39m	_____
9	40853 Kaliyah-anne Waddell-		Werrington	21.59m	_____
10	21603 Edwina Biermann		Rouse Hill	18.72m	_____
11	1783 Emily West		Hills District	26.01m	_____
12	8802 Jayda Isherwood		Winston Hills	16.13m	_____
13	11358 Lynette Smith		Minchinbury	16.09m	_____
14	8267 Lani Caragher		The Ponds	14.70m	_____
15	19160 Mackenzie Russell		Nepean	15.75m	_____
16	2835 India Wong		Mt Druitt	25.94m	_____

Event 67 Girls U 17 - High Jump (S/H 1.30m) (5)**Sunday 19/02/2023 - 8:00 AM****Region: 1.67m 20/02/2022 Vanessa Apel****State: 1.84m 21/03/2010 Emily Crutcher**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	14051 Amayah Burns		Doonside	1.25m	_____
2	24656 Alyssa Gibbons		Werrington	1.35m	_____
3	8720 Vanessa Apel		Winston Hills	1.70m	_____
4	1762 Lucy Fuccenecco		Hills District	1.50m	_____
5	32337 Emily Nolan		Rouse Hill	1.35m	_____

Event 68 Boys U 11 - High Jump (S/H 1.10m) (14)**Sunday 19/02/2023 - 8:45 AM****Region: 1.41m 9/02/2020 Brayden Thompson****State: 1.63m 17/03/1996 John Thornell**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	25616 Palei Haunga		Penrith	1.15m	_____
2	14078 Riley Adams		Doonside	1.17m	_____
3	2247 Jake Horsey		Hills District	1.17m	_____
4	35848 Kobi Olds		Colyton St Clair	1.25m	_____
5	12375 Liam Fahey		Blacktown	1.05m	_____
6	25547 Clay Gregory		Penrith	1.25m	_____
7	12584 Ngong Deng		Blacktown	1.35m	_____
8	25601 Lachlan Bradshaw		Penrith	1.25m	_____
9	9019 Solomon Romanous		Winston Hills	1.15m	_____
10	2317 Israel Strong		Hills District	1.36m	_____
11	19855 Liam van Eck		Quakers Hill	1.27m	_____
12	16119 Heath Broughton		Hawkesbury City	1.23m	_____
13	20704 Liam Banks		Riverstone	1.25m	_____
14	24599 Eli Simpson		Werrington	1.30m	_____

Event 69 Boys U 13 - High Jump (S/H 1.25m) (13)**Sunday 19/02/2023 - 10:15 AM****Region: 1.57m 20/02/2022 Brayden Thompson****State: 1.81m 21/03/2010 Thibaut Potin**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	34319 William Jones		Emu Plains	1.35m	_____
2	1755 Mekaheel Khan		Hills District	1.39m	_____
3	23380 Thomas Clarke		Tallawong Park	1.30m	_____
4	32612 Noah Kemp		Hawkesbury City	1.37m	_____
5	11369 Chinedu Eze		Minchinbury	1.32m	_____
6	21692 Oscar Turnbull		Rouse Hill	1.35m	_____
7	9575 Diesel Speeding		Colyton St Clair	1.30m	_____
8	9511 Brody Watson		Colyton St Clair	1.35m	_____
9	19810 Kori Torrisheba		Quakers Hill	1.30m	_____
10	17082 Jake Wynne		Kings Langley	1.41m	_____
11	24730 Jack Woodgate		Werrington	1.25m	_____
12	1784 Lachlan Albert		Hills District	1.39m	_____
13	23368 Aidan Jeffrey		Tallawong Park	1.32m	_____

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Event 70 Boys U 15 - High Jump (S/H 1.30m) (10)**Sunday 19/02/2023 - 11:45 AM**

Region: 1.75m 10/02/2019 Joel Davis
State: 2.06m 18/03/2000 James Watson

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	21732 Alexander Powell	Rouse Hill	1.48m
2	8971 Yulin Li	Winston Hills	1.35m
3	16065 Luca de Burnay Thom	Hawkesbury City	1.65m
4	19620 Xander Rigoli	Prospect	1.25m
5	21742 Matthew Cook	Rouse Hill	1.52m
6	2350 Teaghan Negri	Hills District	1.42m
7	19811 Rhyu Torrisheba	Quakers Hill	1.67m
8	1977 Cillian Miller	Hills District	1.48m
9	8796 Liam Grant	Winston Hills	1.72m
10	34606 Cody Francis	Nepean	1.35m

Event 71 Boys U 12 - High Jump (S/H 1.20m) (12)**Sunday 19/02/2023 - 8:00 AM**

Region: 1.51m 21/02/2015 Joseph Suaalii
State: 1.72m 21/03/2009 Thibaut Potin

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	23337 Noah Bajada	Tallowong Park	1.33m
2	8881 Ryan Haaf	Winston Hills	1.29m
3	13988 Hayden straub	Doonside	1.15m
4	19625 Seth Rigoli	Prospect	1.15m
5	2102 Finn Sweeney	Hills District	1.25m
6	8904 Taine Katalinic	Winston Hills	1.41m
7	2296 Vakalahi Taufu	Hills District	1.20m
8	21593 James Loughhead	Rouse Hill	1.20m
9	2285 Aidan Studders	Hills District	1.41m
10	40874 Ebosiogwe Ugbohmhe	Werrington	1.30m
11	8262 Cohen Burville	The Ponds	1.41m
12	37181 Jye Aney-Fuller	Hawkesbury City	1.25m

Event 72 Boys U 10 - High Jump (S/H 1.00m) (15)**Sunday 19/02/2023 - 9:30 AM**

Region: 1.38m 21/02/2021 Ebosiogwe Ugbohmhe
State: 1.51m 21/03/2004 Jake Stein

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	11371 Ifeanyi Eze	Minchinbury	1.11m
2	20658 Vidyut Arulraj	Riverstone	1.18m
3	14086 Jackson Brodrick	Doonside	1.07m
4	8294 Tate DE Roo	The Ponds	1.07m
5	9430 Levi White	Colyton St Clair	1.17m
6	8811 Isaac Jorgensen	Winston Hills	1.13m
7	8869 Tayem Reading	Winston Hills	1.13m
8	33963 Sammy Bagaric	Doonside	1.05m
9	20690 Hudson Free	Riverstone	1.10m
10	2014 Bayley Ayers	Hills District	1.10m
11	26745 Mathayus Andreatta	Cranebrook	1.15m
12	25621 Koen Beale	Penrith	1.07m
13	2318 Elroy Strong	Hills District	1.18m
14	1790 Hugo Nolan	Hills District	1.13m
15	14653 Alexander Simpson	Emu Plains	1.22m

Event 73 Girls U 10 - High Jump (S/H 0.95m) (14)**Sunday 19/02/2023 - 11:00 AM**

Region: 1.27m 20/02/2016 Audrey Nadaya-Harb
State: 1.47m 24/03/2013 Tomysa Clark

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	14658 Harper Egglestone	Emu Plains	1.07m
2	2260 Ruby Masters	Hills District	1.06m
3	34611 Ava Siataga	Quakers Hill	1.08m
4	14748 Eva Hetherington	Emu Plains	1.00m
5	1848 Tisya Patel	Hills District	1.00m
6	20808 Keira Gill	Riverstone	1.00m
7	25507 Briar Auv'a	Penrith	1.09m
8	11308 Mia Ebejer	Minchinbury	1.10m
9	25084 Sabella Whelan	Cranebrook	1.17m
10	1912 Ellie Benfield	Hills District	1.12m
11	17081 Imogen Wynne	Kings Langley	1.12m
12	8261 Arielle Burville	The Ponds	1.08m
13	25485 Emily Rogers	Penrith	1.00m
14	19888 Lilly Huang	Quakers Hill	1.08m

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Event 74 Girls U 14 - High Jump (S/H 1.25m) (7)**Sunday 19/02/2023 - 12:30 PM**

Region: 1.60m 10/02/2019 Olivia Dimech
State: 1.75m 19/03/2006 Mia McKinnon
State: 1.75m 18/03/2007 Amy Pejovic

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	19856 Kristin van Eck		Quakers Hill	1.20m
2	2255 Taylor Hills		Hills District	1.42m
3	20820 Marlee Gill		Riverstone	1.34m
4	8967 Skye Bollinger		Winston Hills	1.20m
5	20705 Lara Roberts		Riverstone	1.32m
6	8801 Caitlyn Martin		Winston Hills	1.55m
7	38877 Kasey Wallace		Quakers Hill	1.36m

Event 76 Girls U 15 - Javelin (500 Gram) (10)**Sunday 19/02/2023 - 2:15 PM**

Region: 38.70m 19/02/2017 Chloe Schwarz
State: 45.81m 25/03/2018 Lianna Davidson

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	11504 Summer Reynolds		Minchinbury	12.76m
2	19036 Zoe Mark		Nepean	22.18m
3	2107 Emily Knight		Hills District	ND
4	2869 Mia-Lee Evans Conn		Mt Druitt	21.62m
5	21540 Jessica White		Rouse Hill	30.54m
6	25541 Michayla Espie (T/F20)		Penrith	13.25m
7	2176 Molly Jovanovic		Hills District	22.84m
8	19853 Samantha Wilkinson		Quakers Hill	29.90m
9	9559 Ashleigh South		Colyton St Clair	22.62m
10	9562 Jessica Dhaliwal		Colyton St Clair	17.22m

Event 77 Girls U 11 - Javelin (400 Gram) (16)**Sunday 19/02/2023 - 12:45 PM**

Region: 25.90m 20/02/2016 Amelia McIlwaine
State: 28.94m 19/03/2017 Rachel Bardney

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	8961 Emily Young		Winston Hills	13.72m
2	2256 Matilda Hall		Hills District	7.99m
3	19615 Mikaela Fenech		Prospect	10.07m
4	40853 Kaliyah-anne Waddell-		Werrington	10.68m
5	14677 Chelsea Hardacre		Emu Plains	6.76m
6	20701 Mackenzie Kitching		Riverstone	11.65m
7	37180 Brooklyn Baker		Hawkesbury City	9.45m
8	29714 Emily Connolly		Penrith	6.10m
9	24579 Lily Pattison		Werrington	9.58m
10	21603 Edwina Biermann		Rouse Hill	9.75m
11	19900 Dakota Parkin		Quakers Hill	10.01m
12	2835 India Wong		Mt Druitt	11.43m
13	2145 Eliza Timbs		Hills District	16.49m
14	2162 Alexis Kernaghan		Hills District	13.50m
15	23408 Addison Gall		Tallowong Park	4.97m
16	20693 Ocean Kennedy		Riverstone	20.55m

Event 78 Girls U 13 - Javelin (400 Gram) (16)**Sunday 19/02/2023 - 3:00 PM**

Region: 34.95m 8/02/2019 Rachel Bardney
State: 45.91m 22/03/2009 Taylah Sengul

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	9555 Alexis South		Colyton St Clair	12.98m
2	21601 Lilly Garside		Rouse Hill	14.90m
3	14035 Savannah Hill		Doonside	26.96m
4	41195 Kiarna Bretschneider		Nepean	22.74m
5	19742 Emma Hoskins		Quakers Hill	14.41m
6	2241 Amelia Newman		Hills District	26.56m
7	1757 Olivia Scott-Rogers		Hills District	21.90m
8	12484 Gurmeet Kaur		Blacktown	18.39m
9	1875 Tara Roche		Hills District	16.86m
10	34637 Indyana Campbell		Quakers Hill	16.57m
11	21750 Laura Eustace		Rouse Hill	13.80m
12	24636 Laylah Golden		Werrington	14.37m
13	19921 Caitlyn Wise		Quakers Hill	14.25m
14	32370 Ivie Figueroa		Rouse Hill	24.48m
15	24626 Kelsey Ellis		Werrington	13.10m
16	37800 Poppy Jennings		Winston Hills	16.10m

Event 79 Boys U 9 - Long Jump (16)**Sunday 19/02/2023 - 8:00 AM**

Region: 4.07m 17/02/2018 Joseph Ezekiel
State: 4.71m 24/03/1991 Grant Buchanan

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	30493 Lincoln Odede		The Ponds	3.35m
2	33865 Jamie Hochstetter		Hills District	3.32m
3	19104 William Treharne		Nepean	3.47m
4	2291 Oliver James		Hills District	3.38m
5	8986 Hugo Brown		Winston Hills	3.54m
6	1713 Ryan Panich		Hills District	3.67m
7	8908 Oliver Colless		Winston Hills	3.60m
8	8249 Jackson Brown		The Ponds	3.51m
9	2174 Oliver Masik		Hills District	3.19m
10	33487 Etienne Kriesch		Winston Hills	3.42m
11	20685 Carter Brincat		Riverstone	3.37m
12	30636 Euan Macgregor		Cranebrook	3.15m
13	31499 Hadriel Fernando		Quakers Hill	3.29m
14	12448 Sreyaan Banik		Blacktown	3.02m
15	9422 Logan Leathan		Colyton St Clair	3.10m
16	41171 Riley Penning		Nepean	3.24m

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Event 80 Girls U 9 - Long Jump (16)**Sunday 19/02/2023 - 9:30 PM**

Region: 3.81m 16/02/2014 Alannah Martin
State: 4.42m 16/03/1985 Selina Dundas

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	11403 Harlow Pinto		Minchinbury	3.22m	_____
2	1990 Ashleigh Mear		Hills District	2.98m	_____
3	9003 Sophie Hoddinett		Winston Hills	2.81m	_____
4	26750 Emily Sztelma		Cranebrook	3.11m	_____
5	23360 Chloe Borg		Tallawong Park	2.48m	_____
6	1802 Crystal Webster		Hills District	2.93m	_____
7	2246 Pippa Horsey		Hills District	2.78m	_____
8	2084 Stella Sinclair		Hills District	3.22m	_____
9	9579 Felicia Owoseni		Colyton St Clair	2.74m	_____
10	25509 Keira Alderson		Penrith	2.74m	_____
11	37974 Diandra Anya Premach		Rouse Hill	3.30m	_____
12	19588 Annabelle Clifton		Prospect	3.34m	_____
13	25594 Mikayla Pace		Penrith	3.29m	_____
14	2395 Mia Spasovic		Hills District	2.90m	_____
15	19135 Hailey Pehr		Nepean	2.85m	_____
16	19916 Alea van der Merwe		Quakers Hill	3.09m	_____

Event 81 Girls U 11 - Long Jump (16)**Sunday 19/02/2023 - 11:00 AM**

Region: 4.52m 20/02/2016 Clara Nourdine
State: 4.97m 20/03/2011 Chyna Tavai-Williams

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1973 Lucia Rogulski		Hills District	3.45m	_____
2	8921 Justice Sugumaran		Winston Hills	3.99m	_____
3	37180 Brooklyn Baker		Hawkesbury City	3.37m	_____
4	19583 Emily O Atwon		Prospect	3.35m	_____
5	2800 Aaliyah Akbar		Mt Druitt	3.44m	_____
6	8596 Georgia Williams		The Ponds	3.32m	_____
7	14627 Emily Payne		Emu Plains	3.20m	_____
8	25535 Emelia Corby		Penrith	2.91m	_____
9	26744 Merkita Rose Jaeger		Cranebrook	3.13m	_____
10	1923 Ella Greely		Hills District	3.52m	_____
11	16182 Tahlia Chapman		Hawkesbury City	3.66m	_____
12	1835 Pernelope Jokic		Hills District	3.89m	_____
13	12387 Bronte Carr		Blacktown	3.69m	_____
14	8851 Kiara Haywood		Winston Hills	3.77m	_____
15	25522 Audrey Kelleher		Penrith	2.97m	_____
16	2170 Emily Deverson		Hills District	3.76m	_____

Event 82 Boys U 14 - Long Jump (16)**Sunday 19/02/2023 - 12:40 PM**

Region: 6.29m 19/02/2017 Laud Codjoe
State: 6.52m 17/03/1996 Stephen Jacenko

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1907 Cooper Finch		Hills District	4.46m	_____
2	14030 Brandon Duff		Doonside	4.18m	_____
3	8875 Elliot Fletcher		Winston Hills	4.61m	_____
4	8775 Dean Grant		Winston Hills	4.21m	_____
5	2341 William Cetinic		Hills District	4.91m	_____
6	14648 Archie King		Emu Plains	3.99m	_____
7	24670 Hunter Mckillop-davie		Werrington	4.37m	_____
8	35339 Brodie Williams		Emu Plains	5.01m	_____
9	25500 Thomas Cody		Penrith	4.26m	_____
10	31509 Noah Foster		Quakers Hill	4.34m	_____
11	19617 Alex Spadaro		Prospect	5.74m	_____
12	26785 Dylan Taylor-rogers		Cranebrook	4.22m	_____
13	8492 Nikhel Raj		The Ponds	4.32m	_____
14	9418 Noah Hams		Colyton St Clair	4.22m	_____
15	2035 Ashwin Ramaswamy		Hills District	4.63m	_____
16	1842 Douglas Windress		Hills District	4.19m	_____

Event 83 Boys U 13-14 Multi Class Long Jump (1)**Sunday 19/02/2023 - 12:40 PM**

Region: 2.58m 9/02/2020 Lowndes Motler TF 20

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	16088 Levi Douglass (T/F12)		Hawkesbury City	ND	_____

Event 84 Girls U 12 - Long Jump (16)**Sunday 19/02/2023 - 8:00 AM**

Region: 4.99m 18/02/2018 Raphaela Idris
State: 5.42m 16/03/1986 Tracy Blackburn

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	9481 Aimee Johannsen		Colyton St Clair	3.55m	_____
2	21602 Ella Caines		Rouse Hill	3.72m	_____
3	8738 Sanjana Iyer		Winston Hills	4.51m	_____
4	19844 Addison Jeyaratnam		Quakers Hill	3.42m	_____
5	33952 Hannah Farag		Doonside	3.40m	_____
6	14089 Leah McSweeney		Doonside	3.60m	_____
7	1918 Sienna Jackson		Hills District	4.28m	_____
8	24629 Chloe Williams		Werrington	3.98m	_____
9	2348 Maya Wettimuny		Hills District	4.18m	_____
10	2342 Ava Cetinic		Hills District	4.32m	_____
11	31978 Zahra Calder		Riverstone	3.92m	_____
12	14714 Bonnie Clark		Emu Plains	3.69m	_____
13	14740 Ava Ilijeski		Emu Plains	3.56m	_____
14	23354 Emily Dawes		Tallawong Park	3.35m	_____
15	2130 Lila Oliver		Hills District	3.88m	_____
16	20773 Chelsea Chapman		Riverstone	3.95m	_____

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Event 85 Girls U 11-12 Multi Class Long Jump (2)**Sunday 19/02/2023 - 8:00 AM****Region: 3.02m 10/02/2019 Layla Sharp**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	Eden Brooks (T/F20)		Rouse Hill	ND	_____
2	35206 Anneliese Xerri (T/F13)		Riverstone	ND	_____

Event 86 Girls U 15 - Long Jump (12)**Sunday 19/02/2023 - 9:30 AM****Region: 5.46m 22/02/2015 Caitlyn Hicks****State: 5.80m 19/03/2005 Jacinta Doyle**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	8577 Andra Vintila		The Ponds	4.00m	_____
2	24618 Lilli Kandel		Werrington	4.79m	_____
3	11504 Summer Reynolds		Minchinbury	4.46m	_____
4	13965 Evelyn Kuwendu		Doonside	3.96m	_____
5	9546 Adriana Borg		Colyton St Clair	5.07m	_____
6	25562 Kiara Pagnamenta		Penrith	4.29m	_____
7	2139 Tanisha Kumar		Hills District	4.93m	_____
8	1989 Charlotte Mear		Hills District	4.44m	_____
9	19108 Shabnum Totaki		Nepean	3.60m	_____
10	32366 Marlee Deane		Rouse Hill	4.43m	_____
11	2124 Roj Carimi		Hills District	3.61m	_____
12	2176 Molly Jovanovic		Hills District	4.28m	_____

Event 87 Girls U 17 - Long Jump (16)**Sunday 19/02/2023 - 10:40 AM****Region: 5.67m 9/02/2019 Jessica Laurance****State: 5.87m 10/02/2019 Katie Gunn**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	19610 Achol Mow		Prospect	3.99m	_____
2	14069 Chloe Hart		Doonside	2.45m	_____
3	1963 Talahn Paki		Hills District	5.05m	_____
4	2034 Keya Ramaswamy		Hills District	4.75m	_____
5	14051 Amayah Burns		Doonside	3.43m	_____
6	33872 Tuliana Kabuyawa		Hills District	5.29m	_____
7	16126 Elle Brooks		Hawkesbury City	4.20m	_____
8	8720 Vanessa Apel		Winston Hills	4.80m	_____
9	24595 Emma Matthias		Werrington	3.98m	_____
10	19547 Kairi Pope		Prospect	3.21m	_____
11	35333 Nekea Talaia		Emu Plains	5.26m	_____
12	14600 Savannah Carter		Emu Plains	3.29m	_____
13	32338 Grace Nolan		Rouse Hill	3.93m	_____
14	20721 Courtney Kitching		Riverstone	3.98m	_____
15	8977 Rachel Bardney		Winston Hills	4.42m	_____
16	19183 Chloe O'Hare		Nepean	4.30m	_____

Event 88 Boys U 11 - Long Jump (16)**Sunday 19/02/2023 - 12:10 PM****Region: 4.94m 22/02/2015 Nwazuruka Ohiaeri****State: 5.34m 7/02/1987 Craig Woodroff**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	2185 Lucas Mendonca		Hills District	3.59m	_____
2	19001 Preston Swann		Nepean	3.32m	_____
3	2771 Joshua Olarewaju		Mt Druitt	3.96m	_____
4	2317 Israel Strong		Hills District	3.75m	_____
5	20741 Austin Free		Riverstone	3.80m	_____
6	23367 Quinn Jeffrey		Tallawong Park	3.45m	_____
7	8999 Alexander Nguyen		Winston Hills	4.06m	_____
8	1711 Curtis Wan		Hills District	3.82m	_____
9	1935 Weiyi Tang		Hills District	4.35m	_____
10	19182 Lucas O'Hare		Nepean	3.64m	_____
11	1913 Aarush Kumar		Hills District	3.82m	_____
12	35289 Baylee Lees		Minchinbury	4.00m	_____
13	25601 Lachlan Bradshaw		Penrith	4.10m	_____
14	32333 Riley McDonald		Rouse Hill	3.66m	_____
15	24731 Mitchell Woodgate		Werrington	3.13m	_____
16	34634 Vinul Abeyasinghe		Quakers Hill	3.39m	_____

Event 89 Boys U 17 - Shot Put (5.0 Kg) (14)**Sunday 19/02/2023 - 8:00 AM****Region: 18.32m 16/02/2013 Tepai Moerora****State: 17.89m 24/03/2012 Tepai Moerora**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	28853 Cooper Levy		Werrington	8.10m	_____
2	19659 Steven Holbourn		Prospect	6.63m	_____
3	1830 Jayeola Sunmola		Hills District	11.86m	_____
4	2132 Benjamin Kasozi		Hills District	13.13m	_____
5	34596 Amosia Soatini		Nepean	14.48m	_____
6	2201 Jasper Deane		Hills District	11.23m	_____
7	8832 Miles O'Keefe		Winston Hills	10.39m	_____
8	2131 Daniel Kasozi		Hills District	15.31m	_____
9	1709 Tamas Sasinszki		Lethbridge Park	9.53m	_____
10	19651 Sebastian Fenech		Prospect	11.30m	_____
11	9491 Cameron Goddard		Colyton St Clair	9.20m	_____
12	19812 Caleb Torrisheba		Quakers Hill	10.97m	_____
13	19546 Rafy Abu Ganaba		Prospect	11.06m	_____
14	26764 Toby Camilleri		Cranebrook	11.19m	_____

Event 90 Boys U 15-17 Multi Class Shot Put (3)**Sunday 19/02/2023 - 8:00 AM****Region: 3.33m 19/02/2022 Josh Carter (T/F37)**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	9441 Josh Carter (F37)		Colyton St Clair	ND	_____
2	24640 Lowndes Motler (T/F2)		Werrington	ND	_____
3	35865 Caleb Quass (T/F20)		Colyton St Clair	ND	_____

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Event 91 Girls U 10 - Shot Put (2.0 Kg) (16)**Sunday 19/02/2023 - 9:30 AM**

Region: 8.83m 18/02/2017 Sarah Idaire
State: 11.92m 19/02/2006 Filoi Aokuso

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	2352 Lucy Micatka		Hills District		5.88m
2	21731 Alexia Cross		Rouse Hill		5.52m
3	8951 Emily Slater		Winston Hills		4.87m
4	34611 Ava Siataga		Quakers Hill		4.94m
5	8261 Arielle Burville		The Ponds		6.12m
6	20700 Matilda Hay		Riverstone		6.54m
7	2119 Lily Adams		Hills District		5.91m
8	9581 Giselle Stopins		Colyton St Clair		7.18m
9	8750 Hannah Johnston		Winston Hills		5.11m
10	40852 Khailah-amor Waddell-		Werrington		6.74m
11	33954 Isabelle Farag		Doonside		4.80m
12	11308 Mia Ebejer		Minchinbury		4.89m
13	19035 Stella Mcdiarmid-great		Nepean		6.54m
14	8855 Lucinda Fallins		Winston Hills		6.40m
15	14624 Lilliana Hayek		Emu Plains		5.64m
16	32422 Lilly Plummer		Rouse Hill		6.09m

Event 92 Boys U 10 - Shot Put (2.0 Kg) (16)**Sunday 19/02/2023 - 11:00 AM**

Region: 10.15m 17/02/2018 Lachlan Metcalfe
State: 13.22m 20/02/2011 EJ Brown-Vaelua

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	21592 Jarlath Jarrett		Rouse Hill		6.79m
2	11444 Samuel Smith		Minchinbury		5.73m
3	8798 Joshua Waddington		Winston Hills		6.53m
4	8924 Harvey Irvine		Winston Hills		6.97m
5	2146 Christopher Timbs		Hills District		5.82m
6	35343 Jake Farrugia		Emu Plains		6.83m
7	24580 Leo Simpson		Werrington		5.38m
8	26745 Mathayus Andreatta		Cranebrook		7.04m
9	14672 Arthur Balkin		Emu Plains		6.47m
10	34692 Isi Sikahela		Blacktown		5.97m
11	9530 Daniel Latu		Colyton St Clair		7.62m
12	1648 Pelasio Pelasio		Lethbridge Park		6.08m
13	12420 Dylan Brunner		Blacktown		5.35m
14	19180 Praise Egbufor		Nepean		7.47m
15	8992 Jordan Mardian		Winston Hills		7.39m
16	2155 Mitchell Greenwood		Hills District		6.06m

Event 93 Girls U 15 - Shot Put (3.0 Kg) (14)**Sunday 19/02/2023 - 12:30 PM**

Region: 12.90m 19/02/2017 Alysha Pearson
State: 15.25m 16/02/2014 Grace Robinson

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	14018 Ava Masic		Quakers Hill		ND
2	14034 Makayla Norford		Doonside		5.20m
3	19717 Matilda Olson		Quakers Hill		8.24m
4	9559 Ashleigh South		Colyton St Clair		9.09m
5	2869 Mia-Lee Evans Conn		Mt Druitt		9.75m
6	21540 Jessica White		Rouse Hill		8.04m
7	2782 Salote Wolfgramm		Mt Druitt		ND
8	19800 Ella O'Shea		Quakers Hill		6.10m
9	1847 Amelia Brice		Hills District		10.16m
10	19036 Zoe Mark		Nepean		10.28m
11	17034 Claire Giffney		Kings Langley		8.30m
12	20813 emelie zettl		Riverstone		5.63m
13	24564 Mia Thomson		Werrington		10.01m
14	2176 Molly Jovanovic		Hills District		10.53m

Event 94 Girls U 8 - Shot Put (1.5 Kg) (16)**Sunday 19/02/2023 - 8:00 AM**

Region: 6.50m 16/02/2014 Rachel Bardney
State: 8.52m 17/02/2002 Kristy Dingwall

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	19179 Miracle Egbufor		Nepean		4.72m
2	14014 Rosalee Harvey		Doonside		5.25m
3	1763 Lucie Csirszka		Hills District		3.85m
4	8794 Charlotte Arkins		Winston Hills		4.80m
5	25514 Violet Panopoulos		Penrith		3.92m
6	35338 Lillian Davis		Emu Plains		4.02m
7	24634 Charlotte Irwin		Werrington		3.71m
8	2812 Te-Reinga Talau		Mt Druitt		4.89m
9	21580 Sofia Dyer		Rouse Hill		4.15m
10	32412 Evalyn Chua		Rouse Hill		3.86m
11	8549 Charlotte Strautins		The Ponds		4.03m
12	23335 Paityn Parish		Tallawong Park		4.62m
13	1985 Hasini Senthuran		Hills District		3.88m
14	1826 Elya Sevdimbis		Hills District		3.84m
15	16075 Tahlia Hunt		Hawkesbury City		4.31m
16	20649 Chloe Adams		Riverstone		4.68m

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Event 95 Boys U 14 - Shot Put (3.0 Kg) (15)**Sunday 19/02/2023 - 9:30 AM****Region: 18.10m 9/02/2020 Amosia Soatini****State: 18.51m 16/02/2013 Tyrone Taukamo**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	9414 Ricky Morris		Colyton St Clair	6.59m	_____
2	2283 Marcus Catford		Hills District	9.91m	_____
3	31509 Noah Foster		Quakers Hill	8.47m	_____
4	14648 Archie King		Emu Plains	7.84m	_____
5	2195 Ethan Tait		Hills District	8.64m	_____
6	12374 Lachlan Fahey		Blacktown	7.08m	_____
7	8922 Jacob Sugumaran		Winston Hills	9.11m	_____
8	1907 Cooper Finch		Hills District	9.18m	_____
9	8511 Kamal Sadi		The Ponds	8.75m	_____
10	20651 Seth Adams		Riverstone	8.22m	_____
11	1825 Tayga Sevdimbis		Hills District	11.33m	_____
12	24561 Elias Mcgaughey		Werrington	11.61m	_____
13	8598 Jawad Abu-Ziyad		The Ponds	6.64m	_____
14	19650 Xavier Fenech		Prospect	11.39m	_____
15	2265 Keegan Free		Hills District	12.07m	_____

Event 96 Boys U 13-14 Multi Class Shot Put (1)**Sunday 19/02/2023 - 9:30 AM****Region: 2.80m 9/02/2020 Josh Carter F 37**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	16088 Levi Douglass (T/F12)		Hawkesbury City	ND	_____

Event 97 Boys U 12 - Shot Put (2.0 Kg) (16)**Sunday 19/02/2023 - 11:00 AM****Region: 14.06m 10/02/2019 Benjamin Kasozi****State: 15.69m 2/03/2019 Benjamin Kasozi**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	8904 Taine Katalinic		Winston Hills	10.75m	_____
2	2264 Hayden Free		Hills District	12.47m	_____
3	29742 Isaac Lemon		Penrith	7.92m	_____
4	20751 Roman Iori		Riverstone	9.48m	_____
5	19625 Seth Rigoli		Prospect	7.03m	_____
6	19880 Lincoln O'Neill		Quakers Hill	6.83m	_____
7	2313 Gabriel Plummer		Hills District	9.73m	_____
8	2102 Finn Sweeney		Hills District	8.35m	_____
9	14671 Remy Cross		Emu Plains	8.82m	_____
10	19046 Hague Asare		Nepean	10.22m	_____
11	14631 Denzel Odhiambo		Emu Plains	8.16m	_____
12	37181 Jye Aney-Fuller		Hawkesbury City	8.85m	_____
13	23381 Jacob Olive		Tallawong Park	6.86m	_____
14	32384 Disas Akain Premachar		Rouse Hill	9.40m	_____
15	33956 Quade Ra		Doonside	6.82m	_____
16	32334 Dylan Mcdonald		Rouse Hill	8.67m	_____

Event 98 Boys U 11-12 Multi Class Shot Put (1)**Sunday 19/02/2023 - 11:00 AM****Region: 5.44m 19/02/2022 Ethan Odell**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	32357 Ethan Odell (T/F20)		Rouse Hill	ND	_____

Event 99 Boys U 13 - Shot Put (3.0 Kg) (17)**Sunday 19/02/2023 - 12:30 PM****Region: 16.19m 9/02/2020 Benjamin Kasozi****State: 19.11m 20/03/2009 Tepai Moeroa**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	14021 Kalisi Aualiitia		Quakers Hill	ND	_____
2	1755 Mekaael Khan		Hills District	9.24m	_____
3	21692 Oscar Turnbull		Rouse Hill	8.80m	_____
4	19590 Dominic Ryan		Prospect	11.05m	_____
5	17082 Jake Wynne		Kings Langley	10.11m	_____
6	37639 Lucas Ward		Kings Langley	7.62m	_____
7	8826 Aaron Chevalier		Winston Hills	10.10m	_____
8	16080 Jayden Hamilton-Shep		Hawkesbury City	8.81m	_____
9	30552 Sriram Durai		The Ponds	7.43m	_____
10	17040 Alex Jack		Kings Langley	8.52m	_____
11	9428 Casey White		Colyton St Clair	7.36m	_____
12	9009 Cory Mardling		Winston Hills	8.45m	_____
13	9511 Brody Watson		Colyton St Clair	9.25m	_____
14	37411 Payton Tuifelasai		Doonside	7.73m	_____
15	34319 William Jones		Emu Plains	7.23m	_____
16	23380 Thomas Clarke		Tallawong Park	8.14m	_____
17	19149 Blade Richards		Nepean	8.85m	_____

Event 100 Girls U 12 - Shot Put (2.0 Kg) (16)**Sunday 19/02/2023 - 2:00 PM****Region: 13.49m 17/02/2018 Rachel Bardney****State: 16.19m 20/03/1988 Kylie Standing**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	26757 Sarah Galea		Cranebrook	9.33m	_____
2	24584 Isabella Roelofs		Werrington	7.96m	_____
3	2115 Ava Chapman Read		Hills District	7.30m	_____
4	8683 Mayezu Manandhar		Winston Hills	7.60m	_____
5	34282 Summer Amituanai		Emu Plains	7.70m	_____
6	14019 Amilia Masic		Quakers Hill	10.73m	_____
7	32609 Claire Ward		Hawkesbury City	8.34m	_____
8	16077 Sienna Hinder		Hawkesbury City	7.92m	_____
9	16112 Krystal Emme		Hawkesbury City	10.34m	_____
10	17162 Chelsea Johnson		Kings Langley	7.44m	_____
11	33952 Hannah Farag		Doonside	7.52m	_____
12	8856 Ashleigh Fallins		Winston Hills	9.00m	_____
13	13974 Isabella-Maria Parker		Doonside	6.90m	_____
14	8723 Katty Naylor		Winston Hills	7.37m	_____
15	14089 Leah McSweeney		Doonside	7.24m	_____
16	24606 Phoebe Morris		Werrington	7.31m	_____

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Event 101 Girls U 11-12 Multi Class Shot Put (2)**Sunday 19/02/2023 - 2:00 PM****Region: 5.75m 8/02/2020 Michayla Espie TF 20**

Pos	Name	Age	Centre	Seed	Mark
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Flight 1 of 1 Final

1	35206 Anneliese Xerri (T/F13)		Riverstone	ND	_____
2	Eden Brooks (T/F20)		Rouse Hill	ND	_____

Event 102 Boys U 15 - Triple Jump (13)**Sunday 19/02/2023 - 8:00 AM****Region: 13.18m 20/02/2022 Luke Vrataric****State: 14.35m 21/03/1999 Fabrice Lapierre**

Pos	Name	Age	Centre	Seed	Mark
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Flight 1 of 1 Final

1	8971 Yulin Li		Winston Hills	11.32m	_____
2	32373 Cooper Gravina		Rouse Hill	8.69m	_____
3	9407 Jacob Watts		Colyton St Clair	8.42m	_____
4	25502 Sanuka Koswattage		Penrith	9.28m	_____
5	8452 Jad Nasser		The Ponds	9.00m	_____
6	16225 Maverick Blunden		Hawkesbury City	6.84m	_____
7	19620 Xander Rigoli		Prospect	9.77m	_____
8	16111 Tory Emme		Hawkesbury City	8.45m	_____
9	12395 Kushal Mariguddi		Blacktown	10.00m	_____
10	21742 Matthew Cook		Rouse Hill	11.37m	_____
11	19582 Derrick Acellam Oyoo		Prospect	9.95m	_____
12	2050 Liam Hayes		Hills District	12.58m	_____
13	16065 Luca de Burnay Thom		Hawkesbury City	12.10m	_____

Event 103 Girls U 12 - Triple Jump (16)**Sunday 19/02/2023 - 9:30 AM****Region: 10.66m 18/02/2017 Clara Nouridine****State: 11.05m 25/03/2018 Raphaila Idris**

Pos	Name	Age	Centre	Seed	Mark
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Flight 1 of 1 Final

1	23338 Mikayla Findlay		Tallawong Park	5.65m	_____
2	33965 Jasmine Metcalfe		Doonside	3.80m	_____
3	9512 Georgia Watson		Colyton St Clair	7.31m	_____
4	8683 Mayezu Manandhar		Winston Hills	8.44m	_____
5	23354 Emily Dawes		Tallawong Park	7.50m	_____
6	2115 Ava Chapman Read		Hills District	8.56m	_____
7	8808 Isla Kennedy		Winston Hills	8.56m	_____
8	24606 Phoebe Morris		Werrington	7.83m	_____
9	1918 Sienna Jackson		Hills District	8.76m	_____
10	33952 Hannah Farag		Doonside	7.23m	_____
11	2130 Lila Oliver		Hills District	9.18m	_____
12	1953 Madison Harris		Hills District	9.10m	_____
13	8738 Sanjana Iyer		Winston Hills	9.51m	_____
14	14740 Ava Ilijeski		Emu Plains	7.45m	_____
15	2342 Ava Cetinic		Hills District	9.11m	_____
16	14714 Bonnie Clark		Emu Plains	7.64m	_____

Event 104 Boys U 14 - Triple Jump (14)**Sunday 19/02/2023 - 11:00 AM****Region: 12.65m 17/02/2018 Sylvester Amon****State: 13.48m 17/03/1996 David Geddes**

Pos	Name	Age	Centre	Seed	Mark
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Flight 1 of 1 Final

1	1797 Julian Freeland		Hills District	9.61m	_____
2	19628 Darius Pratt		Prospect	8.94m	_____
3	2297 Kaikona Taufa		Hills District	8.87m	_____
4	8969 Alex Bayliss		Winston Hills	9.99m	_____
5	2341 William Cetinic		Hills District	10.28m	_____
6	24561 Elias Mcgaughey		Werrington	9.79m	_____
7	26785 Dylan Taylor-rogers		Cranebrook	8.88m	_____
8	24670 Hunter Mckillop-davie		Werrington	9.21m	_____
9	1907 Cooper Finch		Hills District	10.23m	_____
10	25500 Thomas Cody		Penrith	9.38m	_____
11	2035 Ashwin Ramaswamy		Hills District	11.43m	_____
12	8922 Jacob Sugumaran		Winston Hills	8.87m	_____
13	2215 Aarush Anandh		Hills District	10.20m	_____
14	19617 Alex Spadaro		Prospect	11.54m	_____

Event 105 Boys U 12 - Triple Jump (16)**Sunday 19/02/2023 - 1:00 PM****Region: 10.66m 20/02/2016 Jake Baptiste****State: 12.78m 19/03/1995 Gima Keimelo**

Pos	Name	Age	Centre	Seed	Mark
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Flight 1 of 1 Final

1	26753 Spencer Schofield		Cranebrook	7.48m	_____
2	14594 Timothy Hammond		Emu Plains	8.99m	_____
3	34717 Jacob Diab		Blacktown	7.70m	_____
4	21650 Blake Spencer		Rouse Hill	9.84m	_____
5	8881 Ryan Haaf		Winston Hills	8.46m	_____
6	8904 Taine Katalinic		Winston Hills	9.85m	_____
7	40874 Ebosiogwe Ugbohmeh		Werrington	8.73m	_____
8	14631 Denzel Odhiambo		Emu Plains	7.72m	_____
9	8470 Ben Parsell		The Ponds	8.81m	_____
10	2313 Gabriel Plummer		Hills District	8.28m	_____
11	32384 Disas Akain Premachar		Rouse Hill	8.00m	_____
12	20654 Khai Aldaba		Riverstone	8.15m	_____
13	1833 Elijah Zackey		Hills District	8.64m	_____
14	14007 Jarwyn Quartey		Doonside	8.50m	_____
15	2102 Finn Sweeney		Hills District	8.00m	_____
16	23401 Darcy Waring		Tallawong Park	8.62m	_____

REGION 6 TRACK & FIELD CHAMPIONSHIPS
Narellan Sports Hub, Narellan - 18/02/2023 to 19/02/2023
Meet Program - Sunday Field Events

Event 106 Boys U 13 - Triple Jump (16)**Sunday 19/02/2023 - 8:00 AM****Region: 11.25m 21/02/2016 Laud Codjoe****State: 12.72m 18/03/2007 Nicholas Hough**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	37730 Kris Alimo		Blacktown	8.01m	_____
2	35353 Jaxson Willmington		Emu Plains	8.73m	_____
3	11369 Chinedu Eze		Minchinbury	9.20m	_____
4	1755 Mekaael Khan		Hills District	10.10m	_____
5	8826 Aaron Chevalier		Winston Hills	10.09m	_____
6	24574 Owen Levy		Werrington	8.64m	_____
7	9511 Brody Watson		Colyton St Clair	9.46m	_____
8	9575 Diesel Speeding		Colyton St Clair	8.59m	_____
9	8453 Adam Nasser		The Ponds	9.19m	_____
10	1889 Nate Bultitude		Hills District	8.80m	_____
11	37639 Lucas Ward		Kings Langley	9.47m	_____
12	8909 Noah Scerri		Winston Hills	8.71m	_____
13	9009 Cory Mardling		Winston Hills	8.87m	_____
14	2164 Oscar Harding		Hills District	8.82m	_____
15	23380 Thomas Clarke		Tallawong Park	8.53m	_____
16	34818 Jet Heah		Hills District	10.01m	_____

Event 107 Girls U 14 - Triple Jump (13)**Sunday 19/02/2023 - 9:30 AM****Region: 10.84m 10/02/2019 Clara Nourdine****State: 12.15m 16/03/2003 Alysha House**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1614 Lilith Dartnell		Lethbridge Park	7.22m	_____
2	2112 Ruby Scheepers		Hills District	8.13m	_____
3	20705 Lara Roberts		Riverstone	8.68m	_____
4	8801 Caitlyn Martin		Winston Hills	11.20m	_____
5	25600 Charlotte Bradshaw		Penrith	8.46m	_____
6	1879 Gabriela Ribeiro		Hills District	9.41m	_____
7	8279 Amy Christie		The Ponds	7.61m	_____
8	40862 Lillyava Brenner		Werrington	6.74m	_____
9	19783 Sarah Cummins		Quakers Hill	7.18m	_____
10	19131 Taylah Conway		Nepean	7.79m	_____
11	2097 Eva Everson		Hills District	8.74m	_____
12	38877 Kasey Wallace		Quakers Hill	8.71m	_____
13	1836 Elanur Kadayifci		Hills District	9.11m	_____

Event 108 Boys U 17 - Triple Jump (16)**Sunday 19/02/2023 - 11:00 AM****Region: 13.74m 16/02/2018 James Neilly****State: 14.93m 3/02/2019 Connor Murphy**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	1830 Jayeola Sunmola		Hills District	12.95m	_____
2	2306 Parker Bohman		Hills District	11.72m	_____
3	40876 Osione Ugbohmeh		Werrington	11.68m	_____
4	41204 Athiei Deng		Nepean	10.23m	_____
5	2122 Faris Khan		Hills District	13.15m	_____
6	23365 Alexander Ayre		Tallawong Park	13.46m	_____
7	19651 Sebastian Fenech		Prospect	9.95m	_____
8	8915 Lucas Scerri		Winston Hills	12.39m	_____
9	1618 Jack Fyfe		Lethbridge Park	10.17m	_____
10	19812 Caleb Torrisheba		Quakers Hill	12.46m	_____
11	8973 Aryan Ryan		Winston Hills	12.01m	_____
12	9005 Tobias Nguyen		Winston Hills	11.50m	_____
13	20814 Nate Gill		Riverstone	11.75m	_____
14	8696 Zachary Redwood		Winston Hills	12.40m	_____
15	12439 Luke Vrataric		Blacktown	ND	_____
16	9491 Cameron Goddard		Colyton St Clair	10.69m	_____

Event 109 Girls U 13 - Triple Jump (16)**Sunday 19/02/2023 - 1:30 PM****Region: 11.39m 10/02/2019 Raphaila Idris****State: 11.66m 25/03/2018 Clara Nourdine**

Pos	Name	Age	Centre	Seed	Mark
Flight 1 of 1 Final					
1	33953 Amelia Farag		Doonside	8.76m	_____
2	21615 Annabelle Vella		Rouse Hill	8.50m	_____
3	2135 Ruby Odbert		Hills District	8.50m	_____
4	32367 Isobel Deane		Rouse Hill	8.54m	_____
5	24568 Hannah Loxley		Werrington	8.75m	_____
6	1962 Summer Paki		Hills District	9.36m	_____
7	2057 Alexandra Kostis		Hills District	8.86m	_____
8	2268 Ishanvi Tiwari		Hills District	9.93m	_____
9	35324 Lilly Brown		Emu Plains	9.53m	_____
10	19728 Larissa Ingram		Quakers Hill	8.69m	_____
11	19901 Bronte Parkin		Quakers Hill	9.33m	_____
12	16095 Tamara Davies		Hawkesbury City	10.04m	_____
13	8258 Eva Bryant		The Ponds	8.24m	_____
14	14593 Torah Smythe		Emu Plains	7.92m	_____
15	1914 Nithila Kumar		Hills District	8.49m	_____
16	26730 Chelsea Attwill		Cranebrook	8.66m	_____