

2019/20 Outer West Metropolitan Zone Championships

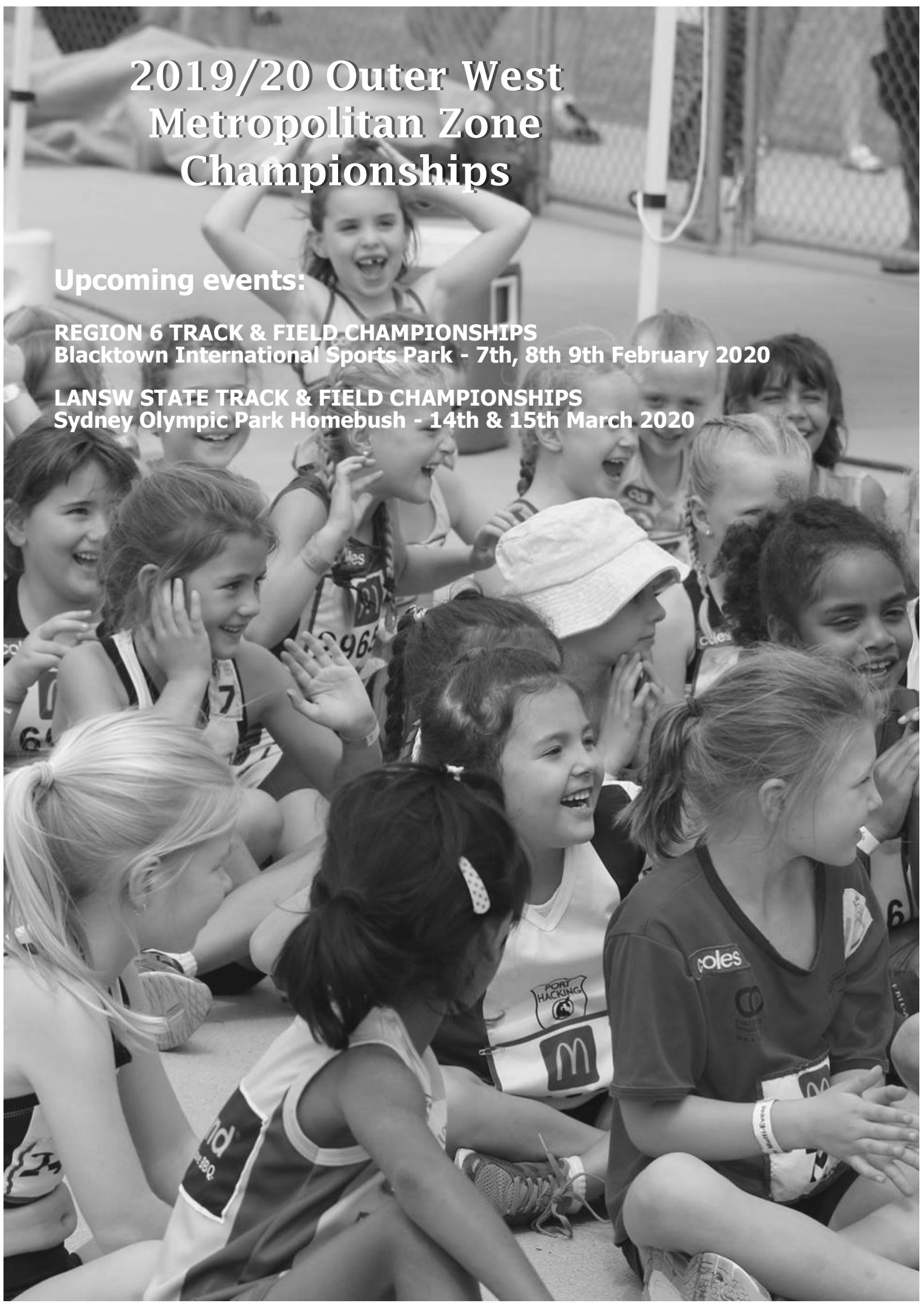
Upcoming events:

REGION 6 TRACK & FIELD CHAMPIONSHIPS

Blacktown International Sports Park - 7th, 8th 9th February 2020

LANSW STATE TRACK & FIELD CHAMPIONSHIPS

Sydney Olympic Park Homebush - 14th & 15th March 2020





CODES OF BEHAVIOUR

(adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)

Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the "game" is played and the manner in which our sportsmen and sportswomen conduct themselves.

Unfortunately, some people (both participants and spectators) fail to live up to the traditional values of sport. Young people involved in sport have a right to participate in a safe and supportive environment. Over-zealous parents and adults, and ill-tempered, disrespectful athletes, sometimes need to be reminded of appropriate behaviour for Little Athletics.

Little Athletics is a community activity, which utilises athletics to help foster the development of Australia's children, and as such, endorses and applies the following Codes of Behaviour.

The privilege of membership with the Little Athletics Association of NSW (LAANSW) may be withdrawn where it is determined that a person's conduct is inconsistent with the mission of the LAANSW and in breach of the Codes of Behaviour.

Athletes

1. Show respect to coaches and officials. Any approach to an official should be in a courteous manner. Never argue with an official.
2. Control your temper - no "mouthing off", throwing equipment etc.
3. Never verbally abuse or sledge other athletes, deliberately distract or provoke another athlete.
4. Do not bully or harm another athlete.
5. Do not use bad language or obscene gestures at any time.
6. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.

Adults

1. Never ridicule or yell at an athlete for making a mistake during a competition.
2. Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision.
3. Never use violence or abuse in any form.
4. Keep to designated spectator areas and do not encroach on the arena or other competition sites if you are not officiating.
5. Demonstrate appropriate social behaviour, by not harassing athletes, coaches, officials or spectators, smoking outside designated areas, being intoxicated or using bad language.
6. Ensure that any physical contact with a young person is appropriate to the situation and/or necessary for the athlete's skill development.
7. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.

PENALTIES FOR BREACHES OF CODES OF BEHAVIOUR

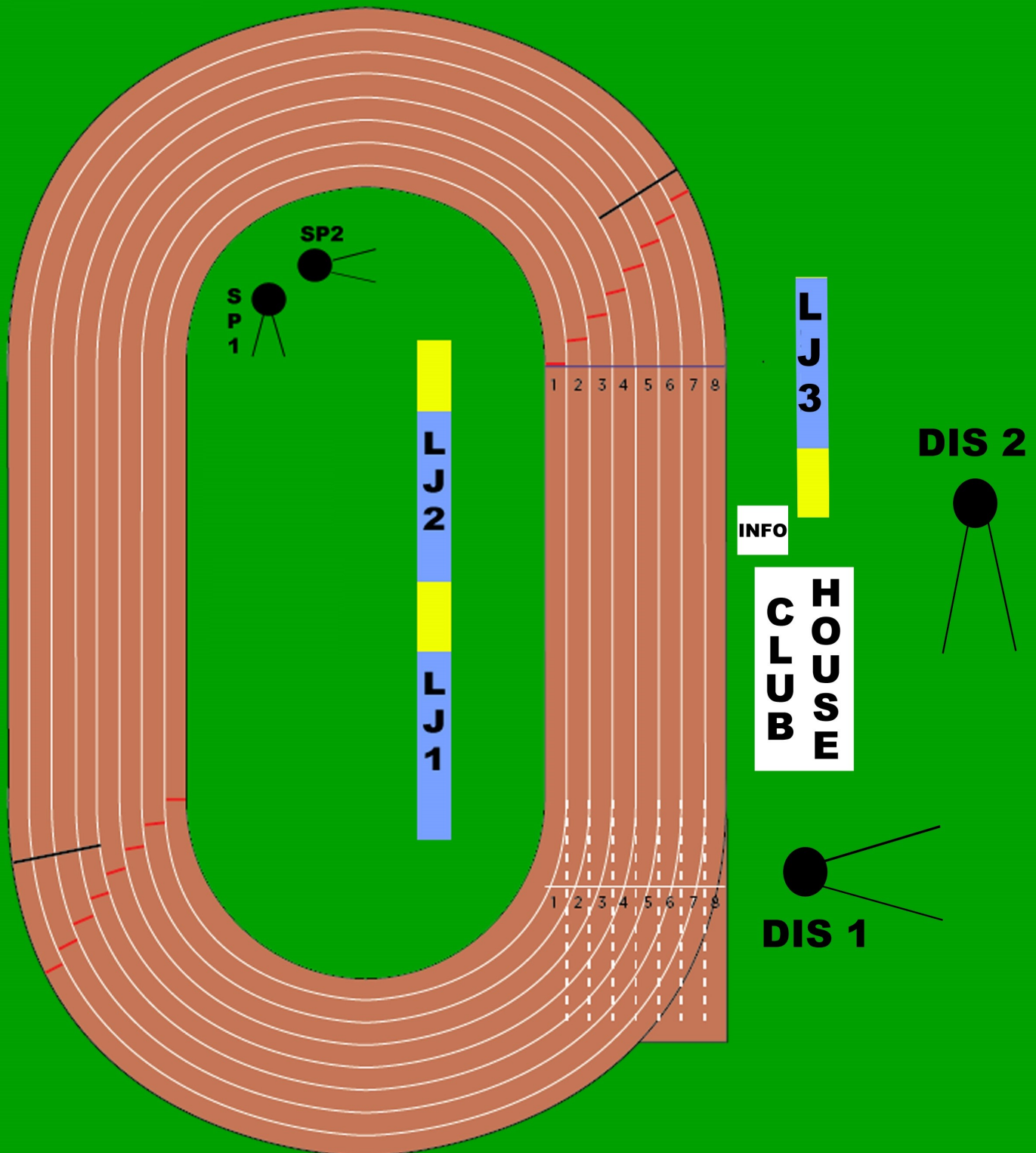
The principles of natural justice will be observed when making decisions on breaches of the Codes of Behaviour and any penalties for such breaches.

Any penalties that are imposed are to be appropriate to the seriousness of the breach.

Penalties for breaches of the Codes of Behaviour that occur at events conducted by the LAANSW that are confined to the day of competition shall be determined by the Carnival Manager. Penalties that go beyond the day of competition shall be determined by the Board of Management.

BLAIR OVAL

**CANTEEN
TOILETS**



Live Results: <http://www.littleareresults.com/OWMZ/>

Blair Oval Athletics Complex - Home of Nepean LAC

2019/20 OUTER WEST MET ZONE CHAMPIONSHIPS

Place Judging/Timekeeping

We are using Timing Solutions gates in conjunction with camera/video finishes in laned events to determine all placegetters in track lane events. No Place Judges will be used apart from the Chief Place Judge(s).

Changes to the Programme

Due to some track events being changed from heats to finals and/or event numbers not running in the programme in strict numerical order, it may necessitate the programme to be changed to be in the best interests of the athletes and to allow such athletes more recuperating time between events.

Team Managers

Centres are asked to nominate at the start of the carnival their respective Team Manager (s), who will be the only people to lodge protests. No information will be given other than to those Team Managers.

Combined Events

At the discretion of the Track & Field Managers certain events may be combined due to insufficient number of competitors.

Regional Championships

U7's do not qualify for Regional Championships.

The first four (4) placegetters in all finals (U/8 to U/17) and the next best 4 clear final performances in our Region will qualify to compete at the Region 6 Championships. Our Region is made up of 3 Zones comprising of Outer West Met, North West Met & West Met.

Region 6 Carnival will be held at Blacktown International Sports Park (BISP) on the 7th, 8th & 9th February 2020.

If you qualify but are unable to attend please let your centre know so that the next qualifier can take part in the carnival.

Medals

Medals will be awarded to the first three (3) placegetters in the under 7 finals.

Certificates

Certificates (LANSW) will be awarded to all athletes competing in each event. Certificates will not be available until after Christmas break and will be distributed by each Centre.

Progression to Final

Two reserves will be named for each final. These reserves together with the nominated finalists are to report to marshalling. The reserve can only take their place on the field (if required) in the absence of a listed competitor, when it is declared that the marshalling for that event is closed and the competitors are released from the call room by the marshal. (Refer Rule LA Rules of Competition Section D Rule 1.5iii)

Progression to Final – as per LANSW Rules of Competition Section B Rule 1.5i

Two Heats: 1st, 2nd & 3rd in each heat plus next two fastest times.

Three Heats: 1st & 2nd in each heat plus next two fastest times.

Four Heats or more: 1st in each heat plus the next fastest times to fill 8 lanes.

Centre Identification

Colyton St Clair	151	Col	Black shorts, red and green singlet
Cranebrook	184	Cra	Black shorts, bottle green singlet
Emu Plains	121	Emu	Blue shorts/pants red singlet with white body bands
Jamison	163	Jam	Black shorts, aqua singlet with black trim
Nepean	13	Nep	Blue shorts, white singlet with gold stripe
Penrith Valley	66	Pen	Black shorts, black & white singlet with red, yellow and green body bands
Werrington	131	Wer	Green shorts, gold singlet with green trim and body bands



Smoking is not permitted within the competition or spectator areas.
The consumption of alcohol is not permitted within the confines of the Blair Oval.



2019/20 OUTER WEST MET ZONE CHAMPIONSHIPS

On behalf of the Outer West Metropolitan West Zone committee, we welcome all athletes who will be competing this weekend.

Thank you to Nepean Little Athletics Centre for hosting the 2019/20 Zone athletics carnival and a special welcome to all our visitors. We trust you will enjoy the weekend.

To the Athletes—Do your best and ensure you have fun and enjoy yourselves.

To the Supporters—Help our athletes have fun and enjoy the weekend. Please applaud all performances and remember encouragement is better than pressure.

To all our Officials—We would like to thank our officials in advance who will be working hard over the entire weekend, in the track and field event areas and also the many other areas that are not as highly visible. Without officials Outer West Met Zone carnival cannot function, and we thank them for their tireless contribution. We hope that all the athletes and families appreciate the immense contribution they make.

To the Centre Helpers—Thank you also for volunteering your time to help this weekend run smoothly, without you also, this carnival would not be possible.

Darren Whitbread
OWM Zone Coordinator.

Outer West Metropolitan Zone Committee

Darren Whitbread
Ian Hand
Andrew Byrne

Zone Coordinator
Championships Officer
Officer of Officials

Penrith Valley
Penrith Valley
Nepean

Official Opening - The official opening and show of centre colours will take place on Saturday at approximately midday.

FIRST CALL FOR EVENTS

Friday:	5:15pm -	Track - U13's to U14's 200m Hurdles to marshalling tent. Field - U7's & U8,s Long Jump, competitors go directly to events. All other field event competitors must go to the marshalling tent 15 minutes before event start
Saturday:	7.45am -	Track - U7 500m and U8's 60m Hurdles - Field - Athletes below events go directly to events. All other field events go through marshalling: U14's High Jump, U10's & 17's Girls Long Jump, U10's & U12's Girls Discus, , U11's Girls Javelin
Sunday:	7.45am -	Track - U11's, U12's Boys & Girls hurdles athletes to marshalling tent. - Field - Athletes for below events go directly to events. All other field events go through marshalling: U10's High Jump, U12's Boys Triple Jump, U7's Discus, U8's Shot Put. 11's Long Jump U12's Javelin

We require parent helpers at all field events

Calls and Marshalling

1. Each event will receive two (2) calls (First call then 2nd and final call)
2. Please marshal to the allocated area. **Do Not** go straight to an event (except for the first **field** events of each day).
3. Please do not cross the track. Remain outside the fence until taken to your event by an official.
4. If you are at a field event **DO NOT** leave that event if there is a call for your track event. A clash manager will collect you from your field event and take you to marshalling.
5. **Where insufficient athletes marshal to run heats, a final will be run at the heat time in the program.**

Warmup areas

We encourage all athletes to warm up. There will be no room to warmup on the track. Please use the back fields for warming up for your track or field event.

SMOKING

The Little Athletics Association of NSW 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 inhalation of tobacco smoke and as a result, Little Athletics NSW has adopted a Smoke Free Policy. Smoking shall not be permitted in any competition or spectator area during any Little Athletics competition.

2019/20 OUTER WEST MET ZONE CHAMPIONSHIPS

ZONE/REGION/STATE TRACK & FIELD CHAMPIONSHIPS

Eligibility

- i. All athletes must be registered with LANSW.
- ii. LANSW athletes can only enter the Zone Championships for the Zone containing their centre.
“Individually registered athletes” can only enter the Zone Championships for the zone to which they have been allocated, based upon their place of residence. Where direct entry as per 1.2 ii below, has been approved for a region, LANSW athletes may only enter the region containing their centre (or zone for individually registered athletes).
- iii. Age divisions: **Zone** U7-U17, **Region** U8-U17, **State** U9-U17
- iv. Competitors must compete in their own age group.

Entry to Zone and Progression to Region

- i. Athletes may only compete in one LANSW Zone Championship in a season. Athletes who have entered/competed at a Zone Championships may not also enter/compete at a Regional Championship via direct entry and vice versa.
- ii. A maximum of 4 competitors from each centre (or a greater number at the discretion of the Zone) in age groups from U7 to U12 are allowed in each event, and no competitor will compete in more than 4 events, excluding the relays.
- iii. In the U13 to U17 age groups, there is no restriction on the number of competitors a centre may enter in an event; however no competitor will compete in more than 6 events, excluding the relays.
- iv. Athletes must compete at and qualify for LANSW Region Championship within a LANSW Zone Track & Field Championship unless all zones within a region have agreed that 1.2 iii applies (U13 to U17 only). The number of entries per Zone will be based upon the number of Zones in the Region, Outer West Met Zone has 3 zones - first 4 in each zone plus next best 4 clear final performances over all zones;

Note:

- Any places at a zone not filled by automatic progression will not be filled by additional next best performances from the other zones.
- The centre must forward entries in the approved format to the zone coordinator for all athletes representing their centre. Little Athletics NSW must forward entries for “individually registered athletes” to the zone coordinator.

Progression from Region to State

- i. Athletes must compete at and qualify for LANSW State Track & Field Championships via an LANSW Region Track & Field Championship. Regions will be restricted to 2 automatic qualifiers per event, plus the next best 8 clear final performances across all regions, to a maximum of 24.

Note:

- Any places at a region not filled by automatic progression will not be filled by additional next best performances from other regions.
- If an automatic qualifier is unable to attend the next level of championships, they may be substituted by the next ranked finalist from their event. The withdrawing athlete must have completed and submitted an official withdrawal form to the zone/region coordinator, on the weekend of the relevant championship.

ii. Qualifying Standard 1500m Walk and 3000m Run

- A maximum qualifying time of 12 minutes will be set for all 1500m walk events and a qualifying time of 14 minutes be set for all 3000m runs.
- 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.

3000m

Zone and/or Region Coordinators are permitted to move the 3000m to suit weather conditions.

Results

After the event has been finished and placings have been officially confirmed the computer operator will print a result sheet and it will be placed on the results board. Field events results can take up to 1 hour with track event up to 30 minutes.

Web results will be updated as quick as possible after the completion of the event. There may be a delay in field events results.

Web results can be found:

<http://www.littleareresults.com/OWMZ/>

Local Rules

- i. To be accepted as a local rule, rules listed in the conditions of hiring a ground, eg. spikes, blocks etc. apply to all carnivals conducted at that ground, including zone, region and state.

- ii. Any other local competition rules which have been submitted and approved by the championships director before they can be used at zone, region and state. This is to be done on a carnival to carnival basis.

- iii. Local rules may not contradict Little Athletics NSW rules.

Relay Events – Zone/Region/State

- i. Centre Teams Centres may enter a maximum of 1 relay team in each division.

ii. Divisions	Boys Junior	Girls Junior
	Boys Senior	Girls Senior

iii. Team Composition

- a. Junior – 4 athletes (one athlete from U9, U10, U11 & U12)

- U12 may be replaced by an U9, U10 or U11

- U11 may be replaced by an U9 or U10

- U10 may be replaced by an U9

- b. Senior – 4 athletes (one athlete from U12, U13, U14, U15 & U17)

- U17 may be replaced by an U15, U14, U13 or U12

- U15 may be replaced by an U14, U13 or U12

- U14 may be replaced by an U13 or U12

- U13 may be replaced by an U12

(Note: a maximum of 1 x U12 athlete may be used in a senior relay team. If an U12 is used in the Senior Relay team the same athlete cannot be a member of the Junior Relay team).

NB. Athletes may compete in any age order.

- iv. Eligibility -Minimum Age - Athletes must be genuine U9 and older.

- v. Age Substitution—No age substitution is permitted apart from that shown in iii above.

- vi. Team Progression – Zone to Region is 1st & 2nd places.

Where direct entry is used for U13 to U17 athletes, only 1 team per centre (per division) may compete in the senior divisions at the Region Championships. **Note:** This may necessitate heats and a final at Regional Championships

- vii. Team Progression – Region to State

1 team per division will progress from Region to State.

- viii. Once the team qualifies, athletes may be replaced as required.

- ix. To be eligible for the relay teams competitors must be registered with LANSW.

Rules Specific to Zone/Region/State

i. Track Times

- a) The normal rules for timing an event apply, with the exception that hand times will be to the 1/100th or a second rather than 1/10th.

- b) Hand times and electronic times, as determined by a) above will be used for progression from Zone to Region to State.

ii. High Jump

ZONE STARTING HEIGHTS FOR HIGH JUMPS					
Age	Boys	Girls	Age	Boys	Girls
U9	0.85m	0.80m	U13	1.20	1.15
U10	0.95m	0.90m	U14	1.25	1.20
U11	1.05m	1.00m	U15	1.25	1.20
U12	1.15m	1.10m	U17	1.30	1.25

2019/20 OUTER WEST MET ZONE CHAMPIONSHIPS

Protests

- i. Protests can only be lodged by the centre's nominated Team Manager.
- ii. Protests must be lodged with the carnival Information Officer and no more than half an hour after the results have been posted. An amount of \$50 must accompany a protest.
- iii. The Starters decision is final, not even the Track Referee can overturn it. A protest lodged against the start of a race will be deemed frivolous and the carnival Information Officer should advise the Team Manager prior to lodging such a protest. The \$50 accompanying the protest will be retained by the carnival Information Officer if the protest is deemed frivolous or if the centre has been advised by the carnival Information Officer that it is not a valid protest and the centre still chooses to submit it.
- iv. Photographic and/or video evidence from outside the arena will never be used by a Referee to make a decision on a protest (for track or field).
- v. The Referee may decide on the protest or may refer the matter to the Jury of Appeal.
- vi. 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.
- vii. Where a protest involves disputed finish line placing, Team Managers of athletes involved may view the finish line video/photofinish solely for the purpose of ensuring that athletes are correctly identified.
- viii. When a protest is lodged, the name of the protesting centre and the reason for the protest is to be announced.
- ix. Two types of reasons only shall be announced - either on a technicality or on the judges' decision.
- x. The Jury of Appeal will consist of 3 people. A panel of 5 to 7 must be named prior to the commencement of the carnival and communicated within the carnival documentation. 3 people will be selected from that group to act as jury as required. The make up of both the initial panel and the Jury of Appeal will be determined by the following:
 - a. Zone Championships – the Zone Coordinator (or their appointee)
 - b. Region Championships – the Region Coordinator (or their appointee)
 - c. All State Championships – the Championships/Competition Director (or their appointee)
 - d. Trans Tasman Trials & Trans Tasman Challenge – the Championships/Competition Director (or their appointee)
- ix. Protests concerning the status of an athlete to compete in a carnival must be made prior to the commencement of such carnival, to the Jury of Appeal. If no jury has been appointed, then to the LANSW Rules of Referee. If that matter cannot be settled satisfactorily prior to the carnival, the athlete shall be allowed to compete "under protest".

Uniform

- i. Little Athletics NSW must approve ALL centre uniforms.
- ii. ALL competitors must compete in their registered centre uniform. In the case of "individually registered athletes" centre uniform shall be classified as the generic uniform, as determined by Little Athletics NSW.
- iii. If the uniform has a manufacturer's logo, it must be no more than 5cm in height, have lettering no more than 4cm in height and not exceed a total of 30cm sq (ie. 5cm x 6cm, 3cm x 10cm etc.).
- iv. Athletes can wear plain compression/bike pants in colour of Centre uniform with no logos or contrasting stitching as an outer garment. If they wear compression/bike pants with logo or contrasting stitching they must wear as an under garment, underneath their scungies/shorts.
- v. No part of the uniform shall extend beyond the top of the knee. An application, in writing, for exemption to this rule MUST be made to the carnival organisers prior to the event. There are no exemptions for walk events.
- vi. Competition singlets/t-shirts must not cover any compulsory numbers (e.g. centre number) or patches (e.g. age patch). A competitor will be asked to tuck in the singlet/t-shirt if it covers a compulsory number or patch and a competitor may be fouled or disqualified if they fail to comply with this request.
- vii. Competitors may wear a plain "T" shirt under their competition uniform. (The colouring of such a "T" shirt must be of a neutral colour so that it does not clash with the uniform design or colour. A white "T" shirt would be preferred).
- viii. Individual "sponsors" registration numbers are to be worn by ALL LANSW competitors firmly affixed to the front of the uniform top.
- ix. Individual and Dual Registration numbers need to have number and bar codes visible., without modifications to size and must clearly show the sponsor's name. The minimum size of the registration number is that indicated by the red border printed on the number. The border must be visible.

- xi. Age numbers are to be worn on the front left hand side of the uniform.
- xii. Approved centre uniform must be worn on the presentation dais.
- xiii. "Sponsors" patches, as supplied by Little Athletics NSW, must be worn on the front top right hand side of the uniform.

Footwear

- i. Appropriate footwear is compulsory for all competitors in all events.
- ii. No competitor may wear football boots or cleats in any event.
- iii. Competitors in the U9-U10 age group may not wear spike shoes.
- iv. Competitors in the U11 age group may wear spike shoes in events run entirely in lanes, long jump, high jump and triple jump.
- v. Competitors in the U12-U17 age groups may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
- vi. Competitors in the U13-U17 age groups may wear spike shoes in all of the events listed in 1.4 v, as well as events not run entirely within lanes, except walks.
- vii. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than 2 blanks/slugs installed.
- viii. Spike shoes must only be worn during the event and are not to be worn to and from the event.
- ix. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.
- x. Spike length (subject to any further constraint from ground policies):
 - a. Synthetic - Track 7mm Maximum High/Long/Triple/Javelin 9mm Maximum
 - b. Grass - Track/Long/Triple/High/Javelin 12mm Maximum

Assistance to Athletes

- i. At competitions organised by LANSW, the use by athletes of music devices, mobile phone or similar devices in the competition area shall not be permitted.
- ii. For the purpose of this rule the following shall not be considered as unfair aid or assistance:
 - a. A hands - on medical examination during the progress of an event by the Medical Officer(s) designated by the Organising Committee provided that it does not delay the conduct of the competition or a competitor's trial in the designated order.
 - b. Verbal or other communication, without the use of any technical device, to or from an individual who is not in the competition area.
 - iii. Coaching by officials at an event is not permitted. It shall not be considered coaching for an official to provide factual feedback to an athlete after a trial in a field event e.g. where the athlete foot landed in relation to the take-off area in the long jump.
 - iv. For the purpose of this Rule pacing in races by persons not participating in the race, by runners or walkers lapped or about to be lapped or by any kind of technical device shall be considered as assistance, and are therefore not allowed.
 - v. The following action shall be taken where an athlete is considered as having received assistance:
 - a. Any athlete giving or receiving assistance from within the competition area during an event shall be cautioned by the Referee and warned that for any repetition, he will be disqualified from that event.
 - b. Any athlete contravening this rule during a field event must be cautioned by the Referee and warned that, for any repetition, they will be barred from further participation in that event. Any performance accomplished up to that time shall stand.

Unacceptable Behaviour

- i. The appropriate Referee will speak to an athlete who displays unacceptable or unsporting behaviour. While speaking to the athlete, the Referee will hold up a yellow flag indicating that the athlete is being warned. Any repetition of that behaviour, either at that carnival or at subsequent carnivals, the athlete will be disqualified.
- ii. The Carnival Manager will notify the athlete's centre team manager. If the team manager is not present at the carnival a letter will be sent to the centre.
- iii. If the offence is of a serious nature then immediate disqualification may occur.
- iv. Little Athletics NSW is to be notified by the Zone/Region Coordinator, if an athlete has been given a yellow flag. The information will be passed on to the Manager of the next Association carnival.

Zone Records

Girls 7 50 Meter Sprint	8.65	2007	B SALAWU - PENRITH VALLEY	Boys 13 400 Meter Sprint	58.15	1996	P HARDING - PENRITH
Boys 7 50 Meter Sprint	8.41	8/12/2018	Beau Argæt - Nepean	Girls 14 400 Meter Sprint	1:02.05	1990	K BENNOIT - EMU PLAINS
Girls 7 70 Meter Sprint	11.84	2015	A STAPLETON - JAMISON	Boys 14 400 Meter Sprint	53.85	1996	P HARDING - PENRITH VALLEY
Boys 7 70 Meter Sprint	11.45	1997	B MEDLIN - JAMISON	Girls 15 400 Meter Sprint	58.55	2015	M QUIRK - EMU PLAINS
Girls 8 70 Meter Sprint	11.35	1986	S WISEMAN - NEPEAN	Boys 15 400 Meter Sprint	52.75	2001	J MILBURN - NEPEAN
Boys 8 70 Meter Sprint	11.15	1986	J BAYLIS - COLYTON	Girls 17 400 Meter Sprint	1:02.75	2012	H STEWART - EMU PLAINS
Girls 9 70 Meter Sprint	10.65	2004	T FORNO - COLYTON	Boys 17 400 Meter Sprint	52.45	2015	D MIZZI - COLYTON ST CLAIR
Boys 9 70 Meter Sprint	10.35	1996	D CAHALANE - CRANE BROOK	Girls 8 60 Meter Hurdles (45cm)	11.45	1996	B SMITH - JAMISON
Girls 10 70 Meter Sprint	10.65	1997	H MAHER - COLYTON	Boys 8 60 Meter Hurdles (45cm)	11.35	1997	M CAHALANE - CRANE BROOK
Boys 10 70 Meter Sprint	10.15	1997	J ATKINS - CRANE BROOK	Girls 9 60 Meter Hurdles (45cm)	11.15	1997	E JUNOR - PENRITH VALLEY
Girls 7 100 Meter Sprint	16.94	2015	A STAPLETON - JAMISON	Boys 9 60 Meter Hurdles (45cm)	10.45	1999	Z SPERBER - PENRITH VALLEY
Boys 7 100 Meter Sprint	16.25	1997	B MEDLIN - JAMISON	Girls 10 60 Meter Hurdles (60cm)	11.26	2014	A LEVY - WERRINGTON
Girls 8 100 Meter Sprint	16.25	1996	B SMITH - JAMISON	Boys 10 60 Meter Hurdles (60cm)	10.45	1997	C RUDDOCK - COLYTON
Boys 8 100 Meter Sprint	15.35	1987	P ROSE - EMU PLAINS	Girls 13 80 Meter Hurdles (76cm)	13.32	2015	S POLINSKY - WERRINGTON
Girls 9 100 Meter Sprint	14.75	1985	B PIENING - NEPEAN	Boys 13 80 Meter Hurdles (76cm)	13.25	2004	W DRURY - WERRINGTON
Boys 9 100 Meter Sprint	14.55	1994	A GARRARD - JAMISON	Girls 14 80 Meter Hurdles (76cm)	12.84	2016	C MEYERS - EMU PLAINS
Girls 10 100 Meter Sprint	14.25	1986	B PIENING - NEPEAN	Boys 14 90 Meter Hurdles (76cm)	13.15	1997	A SCHEFFE - JAMISON
Boys 10 100 Meter Sprint	14.05	1985	S SUTTON - EMU PLAINS	Girls 15 90 Meter Hurdles (76cm)	13.55	2017	Claire Meyers - Emu Plains
Girls 11 100 Meter Sprint	13.97	8/12/2018	Virginia Cole - Emu Plains	Boys 15 100 Meter Hurdles (76cm)	14.25	2006	W DRURY - WERRINGTON
Boys 11 100 Meter Sprint	13.25	1996	A GARRARD - JAMISON	Girls 17 100 Meter Hurdles (76cm)	15.77	2014	A BAXTER - NEPEAN
Girls 12 100 Meter Sprint	13.35	2007	C HEEPS - JAMISON	Boys 17 110 Meter Hurdles (76cm)	16.31	2015	Z. CAMENZULI - EMU PLAINS
Boys 12 100 Meter Sprint	12.95	2012	S MUNAWEERA - JAMISON	Girls 13 200 Meter Hurdles (68cm)	31.35	2007	G MARSHALL - PENRITH VALLEY
Girls 13 100 Meter Sprint	13.08	2017	Ella Sweeney - Emu Plains	Boys 13 200 Meter Hurdles (68cm)	27.45	2013	S MUNAWEERA - JAMISON
Boys 13 100 Meter Sprint	12.35	2013	S MUNAWEERA - JAMISON	Girls 14 200 Meter Hurdles (76cm)	30.25	1997	R JUNOR - PENRITH VALLEY
Girls 14 100 Meter Sprint	12.95	1991	M FENNING - EMU PLAINS	Boys 14 200 Meter Hurdles (76cm)	28.15	1997	A SCHEFFE - JAMISON
Boys 14 100 Meter Sprint	11.45	2013	A GALE - NEPEAN	Girls 15 300 Meter Hurdles (76cm)	49.62	7/12/2018	Keeli Brown - Emu Plains
Girls 15 100 Meter Sprint	12.84	2017	Claire Meyers - Emu Plains	Boys 15 300 Meter Hurdles (76cm)	46.10	2017	Toby Hamblin - Emu Plains
Boys 15 100 Meter Sprint	11.20	2014	A GALE - NEPEAN	Girls 17 300 Meter Hurdles (76cm)	48.16	7/12/2018	Sundance Fuller - Penrith
Girls 17 100 Meter Sprint	12.49	2017	Monique Quirk - Emu Plains	Boys 17 300 Meter Hurdles (76cm)	43.96	7/12/2018	Toby Hamblin - Emu Plains
Boys 17 100 Meter Sprint	11.03	2015	A GALE - NEPEAN	Girls 7 500 Meter Run Pack Start	1:54.00	1997	S.GUNN - NEPEAN
Girls 7 200 Meter Sprint	36.05	1987	E McGREGOR - COLYTON	Boys 7 500 Meter Run Pack Start	1:49.09	7/12/2018	Beau Argæt - Nepean
Boys 7 200 Meter Sprint	34.25	1985	T WOZNIAK - PENRITH VALLEY	Girls 8 700 Meter Run Pack Start	2:33.80	1996	A.MATAFONOV - PENRITH VALLEY
Girls 8 200 Meter Sprint	32.45	1984	B PIENING - NEPEAN	Boys 8 700 Meter Run Pack Start	2:24.00	2012	M.FORD - EMU PLAINS
Boys 8 200 Meter Sprint	32.25	1986	J BAYLIS - COLYTON	Girls 9 800 Meter Run	2:48.40	1987	M HEPWORTH - WERRINGTON
Girls 9 200 Meter Sprint	30.95	1985	B PIENING - NEPEAN	Boys 9 800 Meter Run	2:28.10	1990	B McCONNELL - NEPEAN
Boys 9 200 Meter Sprint	30.35	1984	S SUTTON - EMU PLAINS	Girls 10 800 Meter Run	2:40.00	1988	M HEPWORTH - WERRINGTON
Girls 10 200 Meter Sprint	30.05	1994	N PROUSE - WERRINGTON	Boys 10 800 Meter Run	2:32.19	2016	W HAYDON - EMU PLAINS
Boys 10 200 Meter Sprint	29.25	1990	J DIBBS - COLYTON	Girls 11 800 Meter Run	2:34.10	1989	M HEPWORTH - WERRINGTON
Girls 11 200 Meter Sprint	28.55	1990	R MOSSMAN - NEPEAN	Boys 11 800 Meter Run	2:25.93	2017	Will Haydon - Emu Plains
Boys 11 200 Meter Sprint	27.55	1996	P TONER - NEPEAN	Girls 12 800 Meter Run	2:27.10	1999	A HECKENBERG - NEPEAN
Girls 12 200 Meter Sprint	27.75	1987	C BENNEY - PENRITH VALLEY	Boys 12 800 Meter Run	2:23.44	9/12/2018	Will Haydon - Emu Plains
Boys 12 200 Meter Sprint	26.45	2012	S MUNAWEERA - JAMISON	Girls 13 800 Meter Run	2:26.50	1986	A BONHAM - NEPEAN
Girls 13 200 Meter Sprint	27.15	1991	R MOSSMAN - NEPEAN	Boys 13 800 Meter Run	2:17.30	1987	D COONEY - PENRITH VALLEY
Boys 13 200 Meter Sprint	24.35	2013	S MUNAWEERA - JAMISON	Girls 14 800 Meter Run	2:24.20	1990	S HARRISON - NEPEAN
Girls 14 200 Meter Sprint	26.85	1990	E SEERS - WERRINGTON	Boys 14 800 Meter Run	2:10.80	2000	J MILBURN - NEPEAN
Boys 14 200 Meter Sprint	24.34	2016	L CODJOE - COLYTON ST CLAIR	Girls 15 800 Meter Run	2:21.80	1990	A MENZIES - EMU PLAINS
Girls 15 200 Meter Sprint	26.45	2013	A PETERSON - COLYTON ST CLAIR	Boys 15 800 Meter Run	2:05.60	2001	J MILBURN - NEPEAN
Boys 15 200 Meter Sprint	23.15	2015	J McLACHLAN - WERRINGTON	Girls 17 800 Meter Run	2:28.21	2015	S STEELE - JAMISON
Girls 17 200 Meter Sprint	26.53	2017	Monique Quirk - Emu Plains	Boys 17 800 Meter Run	2:05.08	2016	J HAMBLIN - EMU PLAINS
Boys 17 200 Meter Sprint	22.49	2015	A GALE - NEPEAN	Girls 11 1500 Meter Run	5:15.50	1985	J MARTIN - NEPEAN
Girls 8 400 Meter Sprint	1:16.35	1984	B PIENING - NEPEAN	Boys 11 1500 Meter Run	5:05.90	1991	R SCHEMP - NEPEAN
Boys 8 400 Meter Sprint	1:14.25	1991	L ROONEY - PENRITH VALLEY	Girls 12 1500 Meter Run	5:07.10	1990	M HEPWORTH - WERRINGTON
Girls 9 400 Meter Sprint	1:13.95	1985	B PIENING - NEPEAN	Boys 12 1500 Meter Run	4:56.90	1985	D McILROY - EMU PLAINS
Boys 9 400 Meter Sprint	1:09.54	2015	N LANG - JAMISON	Girls 13 1500 Meter Run	4:52.20	1999	S HARRISON - NEPEAN
Girls 10 400 Meter Sprint	1:09.45	1986	S HARRISON - NEPEAN	Boys 13 1500 Meter Run	4:54.90	2013	S WATSON - PENRITH
Boys 10 400 Meter Sprint	1:07.95	1996	J MILBURN - NEPEAN	Girls 14 1500 Meter Run	4:52.40	1996	M FRENCH - NEPEAN
Girls 11 400 Meter Sprint	1:07.95	1990	R MOSSMAN - NEPEAN	Boys 14 1500 Meter Run	4:39.99	2017	Luke Boyes - Emu Plains
Boys 11 400 Meter Sprint	1:05.05	1997	J MILBURN - NEPEAN	Girls 15 1500 Meter Run	4:50.40	1996	K FIELD - NEPEAN
Girls 12 400 Meter Sprint	1:04.35	1997	R JUNOR - PENRITH VALLEY	Boys 15 1500 Meter Run	4:30.40	2001	J MILBURN - NEPEAN
Boys 12 400 Meter Sprint	1:02.75	1996	L ROONEY - PENRITH VALLEY	Girls 17 1500 Meter Run	5:13.57	2015	S STEELE - JAMISON
Girls 13 400 Meter Sprint	1:03.35	1988	C BENNEY - PENRITH VALLEY	Boys 17 1500 Meter Run	4:24.40	2012	D KEENE - EMU PLAINS

Girls 13 3000 Meter Run	10:43.00	1996	M FRENCH - NEPEAN	Girls 13 Triple Jump	10.56m	2010	M RUSHTON - CRANEBROOK
Boys 13 3000 Meter Run	10:29.30	2016	A LAYCOCK - EMU PLAINS	Boys 13 Triple Jump	11.82m	2015	L CODJOE - COLYTON ST CLAIR
Girls 14 3000 Meter Run	10:33.10	1996	M FRENCH - NEPEAN	Girls 14 Triple Jump	11.32m	2010	A RUSE - JAMISON
Boys 14 3000 Meter Run	10:02.35	2017	Andrew Laycock - Emu Plains	Boys 14 Triple Jump	12.59m	2013	A GALE - NEPEAN
Girls 15 3000 Meter Run	10:15.90	1999	S HARRISON - NEPEAN	Girls 15 Triple Jump	11.47m	2012	T GARRETT - PENRITH VALLEY
Boys 15 3000 Meter Run	9:31.84	7/12/2018	Andrew Laycock - Emu Plains	Boys 15 Triple Jump	12.89m	1997	D PERDERSON - COLYTON
Girls 17 3000 Meter Run	11:17.33	2014	J TIBBETT - CRANEBROOK	Girls 17 Triple Jump	11.83m	2012	A RUSE - JAMISON
Boys 17 3000 Meter Run	9:36.70	2012	D KEENE - EMU PLAINS	Boys 17 Triple Jump	13.29m	2017	James Neilly - Jamison
Girls 9 700 Meter Race Walk	3:29.20	2000	J MILLER - NEPEAN	Girls 7 Discus Throw (350 Gram)	17.26m	2001	K RANADI - NEPEAN
Boys 9 700 Meter Race Walk	3:22.40	1997	L FITZGERALD - NEPEAN	Boys 7 Discus Throw (350 Gram)	20.00m	1994	J O'SULLIVAN - PENRITH
Girls 10 1100 Meter Race Walk	5:36.00	2003	S JENNINGS - NEPEAN	Girls 8 Discus Throw (500 Gram)	18.56m	2002	J PETERS - NEPEAN
Boys 10 1100 Meter Race Walk	5:22.40	1997	L FITZGERALD - NEPEAN	Boys 8 Discus Throw (500 Gram)	24.02m	1992	D THOMSON - EMU PLIANS
Girls 11 1100 Meter Race Walk	5:43.40	2000	S MILLER - NEPEAN	Girls 9 Discus Throw (500 Gram)	26.46m	1985	A RICHARDS - JAMISON
Boys 11 1100 Meter Race Walk	5:08.80	1999	L FITZGERALD - NEPEAN	Boys 9 Discus Throw (500 Gram)	29.34m	1986	J IMBRAHIM - NEPEAN
Girls 12 1500 Meter Race Walk	7:05.30	1996	L McILVENIE - NEPEAN	Girls 10 Discus Throw (500 Gram)	30.38m	1991	P McGUFFOG - COLYTON
Boys 12 1500 Meter Race Walk	7:03.70	2000	L FITZGERALD - NEPEAN	Boys 10 Discus Throw (500 Gram)	38.19m	2012	L ROSE - COLYTON ST CLAIR
Girls 13 1500 Meter Race Walk	6:55.80	2006	S JENNINGS - NEPEAN	Girls 11 Discus Throw (500 Gram)	31.74m	1996	K DONOVAN - COLYTON
Boys 13 1500 Meter Race Walk	7:11.10	2001	L FITZGERALD - NEPEAN	Boys 11 Discus Throw 500 Gram)	36.71m	2013	L ROSE - COLYTON ST CLAIR
Girls 14 1500 Meter Race Walk	6:43.20	1996	R McASKILL - NEPEAN	Girls 12 Discus Throw (750 Gram)	35.68m	1996	K DONOVAN - COLYTON
Boys 14 1500 Meter Race Walk	6:56.30	1999	K CLIFFORD - NEPEAN	Boys 12 Discus Throw (750 Gram)	48.85m	2014	L ROSE - COLYTON ST CLAIR
Girls 15 1500 Meter Race Walk	6:37.40	1991	C WEBB - PENRITH	Girls 13 Discus Throw (750 Gram)	37.62m	2014	A PEARSON - JAMISON
Boys 15 1500 Meter Race Walk	6:35.20	1991	G WOROBIEJ - NEPEAN	Boys 13 Discus Throw (750 Gram)	42.04m	2015	L ROSE - COLYTON ST CLAIR
Girls 17 1500 Meter Race Walk	7:56.90	2013	B BEASLEY - NEPEAN	Girls 14 Discus Throw (1.0 Kg)	38.80m	2015	A PEARSON - JAMISON
Boys 17 1500 Meter Race Walk	6:33.35	2016	K BEDFORD - NEPEAN	Boys 14 Discus Throw (1.0 Kg)	53.47m	2016	L ROSE - COLYTON ST CLAIR
Girls 9 High Jump (S/H 0.80m)	1.20m	1984	A NOLAN - NEPEAN	Girls 15 Discus Throw (1.0 Kg)	42.96m	2016	A PEARSON - JAMISON
Boys 9 High Jump (S/H 0.85m)	1.26m	1999	J DIBBS - COLYTON	Boys 15 Discus Throw (1.0 Kg)	53.36m	1990	C COONEY - PENRITH VALLEY
Girls 10 High Jump (S/H 0.90m)	1.29m	1991	K MULHERON - WERRINGTON	Girls 17 Discus Throw (1.0 Kg)	43.07m	2012	T SENGAL - NEPEAN
Boys 10 High Jump (S/H 0.95m)	1.34m	1989	B MALLARD - JAMISON	Boys 17 Discus Throw (1.5 Kg)	44.57m	2014	J BAKER - WERRINGTON
Girls 11 High Jump (S/H 1.00m)	1.40m	1987	L PROIETTI - NEPEAN	Girls 7 Shot Put (1.0 Kg)	6.34m	1988	K MULHERON - WERRINGTON
Boys 11 High Jump (S/H 1.05m)	1.47m	1993	D GREGORY - PENRITH	Boys 7 Shot Put (1.0 Kg)	8.80m	1990	M KANDEL - WERRINGTON
Girls 12 High Jump (S/H 1.10m)	1.51m	1987	K MELVIN - NEPEAN	Girls 8 Shot Put (1.5 Kg)	6.99m	2006	T HILL - COLYTON
Boys 12 High Jump (S/H 1.15m)	1.52m	1994	D GREGORY - PENRITH VALLEY	Boys 8 Shot Put (1.5 Kg)	7.90m	1996	S BLACKETT - COLYTON
Girls 13 High Jump (S/H 1.15m)	1.58m	1994	K MULHERON - WERRINGTON	Girls 9 Shot Put (2.0 Kg)	7.67m	2003	K CHAPPLE - NEPEAN
Boys 13 High Jump (S/H 1.20m)	1.65m	1996	D PEDERSON - COLYTON	Boys 9 Shot Put (2.0 Kg)	9.36m	1990	S BURDETT - COLYTON
Girls 14 High Jump (S/H 1.20m)	1.57m	2000	A KELLY - PENRITH VALLEY	Girls 10 Shot Put (2.0 Kg)	9.04m	1991	K MULHERON - WERRINGTON
Boys 14 High Jump (S/H 1.25m)	1.75m	1996	D PEDERSON - COLYTON	Boys 10 Shot Put (2.0 Kg)	10.82m	1985	G LEE - NEPEAN
Girls 15 High Jump (S/H 1.20m)	1.68m	1991	L PROIETTI - NEPEAN	Girls 11 Shot Put (2.0 Kg)	11.36m	1996	K DONOVAN - COLYTON
Boys 15 High Jump (S/H 1.25m)	1.80m	2001	A JACKSON - PENRITH VALLEY	Boys 11 Shot Put (2.0 Kg)	13.05m	2012	EJ BROWN-VAELUA - NEPEAN
Girls 17 High Jump (S/H 1.25m)	1.56m	2017	Jaz Byrnes - Emu Plains	Girls 12 Shot Put (2.0 Kg)	13.72m	1996	M MARTIN - COLYTON
Boys 17 High Jump (S/H 1.30m)	1.78m	2009	J CRAIG - WERRINGTON	Boys 12 Shot Put (2.0 Kg)	13.27m	2012	EJ BROWN-VAELUA - NEPEAN
Girls 7 Long Jump	3.19m	2015	A STAPLETON - JAMISON	Girls 13 Shot Put (3.0 Kg)	11.76m	2007	K CHAPPLE - NEPEAN
Boys 7 Long Jump	3.59m	1987	J DIBBS - COLYTON	Boys 13 Shot Put (3.0 Kg)	15.41m	2013	EJ BROWN-VAELUA - NEPEAN
Girls 8 Long Jump	3.47m	1991	J WEBSTER - COLYTON	Girls 14 Shot Put (3.0 Kg)	12.28m	2008	K CHAPPLE - NEPEAN
Boys 8 Long Jump	4.02m	2016	J EZEKIEL - WERRINGTON	Boys 14 Shot Put (3.0 Kg)	16.20m	2014	EJ BROWN-VAELUA - NEPEAN
Girls 9 Long Jump	3.97m	1985	B PIENING - NEPEAN	Girls 15 Shot Put (3.0 Kg)	13.02m	2016	A PEARSON - JAMISON
Boys 9 Long Jump	4.44m	1991	D SMITH - PENRITH VALLEY	Boys 15 Shot Put (4.0 Kg)	16.18m	1990	C COONEY - PENRITH VALLEY
Girls 10 Long Jump	4.24m	1985	B PIENING - NEPEAN	Girls 17 Shot Put (3.0 Kg)	15.98m	2012	T SENGAL - NEPEAN
Boys 10 Long Jump	4.60m	2012	P BAKER - WERRINGTON	Boys 17 Shot Put (5.0 Kg)	14.78m	2012	C KOUSPARIS - CRANEBROOK
Girls 11 Long Jump	4.45m	1990	R MOSSMAN - NEPEAN	Girls 11 Javelin Throw (400 Gram)	21.50m	2017	Emma Matthias - Emu Plains
Boys 11 Long Jump	4.87m	1996	P TONER - NEPEAN	Boys 11 Javelin Throw (400 Gram)	24.14m	2017	Lachlan Green - Nepean
Girls 12 Long Jump	4.78m	1991	R MOSSMAN - NEPEAN	Girls 12 Javelin Throw (400 Gram)	27.42m	2016	A LEVY - WERRINGTON
Boys 12 Long Jump	5.39m	2012	S MUNAWEERA - JAMISON	Boys 12 Javelin Throw (400 Gram)	30.60m	2017	Toby Camilleri - Cranebrook
Girls 13 Long Jump	5.16m	1991	R MOSSMAN - NEPEAN	Girls 13 Javelin Throw (400 Gram)	31.98m	2003	N FORTH - NEPEAN
Boys 13 Long Jump	5.68m	2015	L CODJOE - COLYTON ST CLAIR	Boys 13 Javelin Throw (600 Gram)	39.14m	1997	D BOORMAKIN - PENRITH
Girls 14 Long Jump	5.34m	2009	C HEEPS - JAMISON	Girls 14 Javelin Throw (400 Gram)	31.56m	2016	S EDWARDS - NEPEAN
Boys 14 Long Jump	6.88m	2013	A GALE - NEPEAN	Boys 14 Javelin Throw (600 Gram)	44.66m	2000	C FORTH - NEPEAN
Girls 15 Long Jump	5.36m	2013	A BAXTER - NEPEAN	Girls 15 Javelin Throw (500 Gram)	35.73m	2016	C SCHWARZ - NEPEAN
Boys 15 Long Jump	6.34m	2015	S MUNAWERRA - JAMISON	Boys 15 Javelin Throw (700 Gram)	41.17m	2014	A KEENE - EMU PLAINS
Girls 17 Long Jump	5.52m	2015	A BAXTER - NEPEAN	Girls 17 Javelin Throw (500 Gram)	37.71m	2012	T SENGAL - NEPEAN
Boys 17 Long Jump	6.67m	2012	T CURRIE - NEPEAN	Boys 17 Javelin Throw (700 Gram)	56.76m	2016	A KEENE - EMU PLAINS
Girls 11 Triple Jump	9.54m	1990	R MOSSMAN - NEPEAN	Girls 9-12 4x100 Meter Relay (Jnr)	57.45	2012	JAMISON - JAMISON
Boys 11 Triple Jump	9.89m	1991	J CONN - PENRITH	Boys 9-12 4x100 Meter Relay (Jnr)	52.95	2012	NEPEAN - NEPEAN
Girls 12 Triple Jump	9.94m	2003	S PEPA - PENRITH VALLEY	Girls 12-17 4x100 Meter Relay (Snr)	53.17	2015	EMU PLAINS - EMU PLAINS
Boys 12 Triple Jump	10.93m	2012	J NEILLY - JAMISON	Boys 12-17 4x100 Meter Relay (Snr)	48.35	2015	COLYTON ST CLAIR

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Nepean Blair Oval
Session Report

Session: 1 Friday Track Events
Day 1 - Friday 29/11/2019 - Starts at 05:30 PM

Event		Round
5:30 PM	#87 Girls 13 Year Olds 200 Meter Hurdles (68cm)	Finals
5:33 PM	#88 Boys 13 Year Olds 200 Meter Hurdles (68cm)	Finals
5:40 PM	#89 Girls 14 Year Olds 200 Meter Hurdles (76cm)	Finals
5:43 PM	#90 Boys 14 Year Olds 200 Meter Hurdles (76cm)	Finals
5:46 PM	#91 Girls 15 Year Olds 300 Meter Hurdles (76cm)	Finals
5:49 PM	#92 Boys 15 Year Olds 300 Meter Hurdles (76cm)	Finals
5:51 PM	#93 Girls 17 Year Olds 300 Meter Hurdles (76cm)	Finals
5:54 PM	#94 Boys 17 Year Olds 300 Meter Hurdles (76cm)	Finals
6:15 PM	#117 Girls 11 Year Olds 1500 Meter Run	Finals
6:15 PM	#118 Boys 11 Year Olds 1500 Meter Run	Finals
6:30 PM	#119 Girls 12 Year Olds 1500 Meter Run	Finals
6:30 PM	#120 Boys 12 Year Olds 1500 Meter Run	Finals
6:45 PM	#129 Girls 13 Year Olds 3000 Meter Run	Finals
6:45 PM	#130 Boys 13 Year Olds 3000 Meter Run	Finals
6:45 PM	#131 Girls 14 Year Olds 3000 Meter Run	Finals
6:45 PM	#132 Boys 14 Year Olds 3000 Meter Run	Finals
6:45 PM	#133 Girls 15 Year Olds 3000 Meter Run	Finals
6:45 PM	#134 Boys 15 Year Olds 3000 Meter Run	Finals
6:45 PM	#135 Girls 17 Year Olds 3000 Meter Run	Finals
6:45 PM	#136 Boys 17 Year Olds 3000 Meter Run	Finals

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
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Nepean Blair Oval
Session Report

Session: 2 Friday Field Events
 Day 1 - Friday 29/11/2019 - Starts at 05:30 PM

Event		Round
5:30 PM	#169 Girls 7 Year Olds Long Jump	Finals
5:30 PM	#170 Boys 7 Year Olds Long Jump	Finals
5:30 PM	#171 Girls 8 Year Olds Long Jump	Finals
5:30 PM	#172 Boys 8 Year Olds Long Jump	Finals
6:45 PM	#173 Girls 9 Year Olds Long Jump	Finals
6:45 PM	#174 Boys 9 Year Olds Long Jump	Finals

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
OFFICIAL RELEASE Ver 6 - 29/11/2019 to 1/12/2019
Nepean Blair Oval
Session Report

Session: 3 Saturday Track Events
Day 2 - Saturday 30/11/2019 - Starts at 08:00 AM

Event		Round
	Final	
8:00 AM	#95 Girls 7 Year Olds 500 Meter Run Pack Start	Finals
	Final	
8:05 AM	#96 Boys 7 Year Olds 500 Meter Run Pack Start	Finals
	2 Heats	
8:15 AM	#69 Girls 8 Year Olds 60 Meter Hurdles (45cm)	Prelims
	2 Heats	
8:24 AM	#70 Boys 8 Year Olds 60 Meter Hurdles (45cm)	Prelims
	3 Heats	
8:33 AM	#71 Girls 9 Year Olds 60 Meter Hurdles (45cm)	Prelims
	3 Heats	
8:40 AM	#72 Boys 9 Year Olds 60 Meter Hurdles (45cm)	Prelims
	2 Heats	
8:46 AM	#73 Girls 10 Year Olds 60 Meter Hurdles (60cm)	Prelims
	2 Heats	
9:00 AM	#74 Boys 10 Year Olds 60 Meter Hurdles (60cm)	Prelims
	Final	
9:10 AM	#121 Girls 13 Year Olds 1500 Meter Run	Finals
	Final	
9:10 AM	#122 Boys 13 Year Olds 1500 Meter Run	Finals
	Final	
9:25 AM	#123 Girls 14 Year Olds 1500 Meter Run	Finals
	Final	
9:25 AM	#124 Boys 14 Year Olds 1500 Meter Run	Finals
	Final	
9:40 AM	#125 Girls 15 Year Olds 1500 Meter Run	Finals
	Final	
9:40 AM	#126 Boys 15 Year Olds 1500 Meter Run	Finals
	Final	
9:55 AM	#127 Girls 17 Year Olds 1500 Meter Run	Finals
	Final	
9:55 AM	#128 Boys 17 Year Olds 1500 Meter Run	Finals
	Final	
10:00 AM	#69 Girls 8 Year Olds 60 Meter Hurdles (45cm)	Finals
	Final	
10:13 AM	#70 Boys 8 Year Olds 60 Meter Hurdles (45cm)	Finals
	Final	
10:16 AM	#71 Girls 9 Year Olds 60 Meter Hurdles (45cm)	Finals
	Final	
10:19 AM	#72 Boys 9 Year Olds 60 Meter Hurdles (45cm)	Finals
	Final	
10:21 AM	#73 Girls 10 Year Olds 60 Meter Hurdles (60cm)	Finals
	Final	
10:14 AM	#74 Boys 10 Year Olds 60 Meter Hurdles (60cm)	Finals
	2 Heats	
10:45 AM	#1 Girls 7 Year Olds 50 Meter Sprint	Prelims

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
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Nepean Blair Oval
Session Report

Session: 3 Saturday Track Events
Day 2 - Saturday 30/11/2019 - Starts at 08:00 AM

Event		Round
	3 Heats	
10:49 AM	#2 Boys 7 Year Olds 50 Meter Sprint	Prelims
	2 Heats	
10:55 AM	#23 Girls 13 Year Olds 100 Meter Sprint	Prelims
	2 Heats	
10:59 AM	#24 Boys 13 Year Olds 100 Meter Sprint	Prelims
	Straight Final	
11:03 AM	#25 Girls 14 Year Olds 100 Meter Sprint	Prelims
	Straight Final	
11:03 AM	#25 Girls 14 Year Olds 100 Meter Sprint	Finals
	2 Heats	
11:05 AM	#26 Boys 14 Year Olds 100 Meter Sprint	Prelims
	2 Heats	
11:09 AM	#27 Girls 15 Year Olds 100 Meter Sprint	Prelims
	2 Heats	
11:13 AM	#28 Boys 15 Year Olds 100 Meter Sprint	Prelims
	Straight Final	
11:17 AM	#30 Boys 17 Year Olds 100 Meter Sprint	Prelims
	Straight Final	
11:17 AM	#30 Boys 17 Year Olds 100 Meter Sprint	Finals
	Straight Final	
11:19 AM	#29 Girls 17 Year Olds 100 Meter Sprint	Finals
	Straight Final	
11:19 AM	#29 Girls 17 Year Olds 100 Meter Sprint	Prelims
	2 Heats	
11:21 AM	#11 Girls 7 Year Olds 100 Meter Sprint	Prelims
	3 Heats Lunch	
11:26 AM	#12 Boys 7 Year Olds 100 Meter Sprint	Prelims
	Straight Final	
11:32 AM	#13 Girls 8 Year Olds 100 Meter Sprint	Finals
	Straight Final	
11:34 AM	#13 Girls 8 Year Olds 100 Meter Sprint	Prelims
	4 Heats	
11:36 AM	#14 Boys 8 Year Olds 100 Meter Sprint	Prelims
	3 Heats	
11:44 AM	#15 Girls 9 Year Olds 100 Meter Sprint	Prelims
	3 Heats	
11:50 AM	#16 Boys 9 Year Olds 100 Meter Sprint	Prelims
	2 Heats	
11:56 AM	#17 Girls 10 Year Olds 100 Meter Sprint	Prelims
	3 Heats	
12:00 PM	#18 Boys 10 Year Olds 100 Meter Sprint	Prelims
	3 Heats	
12:09 PM	#19 Girls 11 Year Olds 100 Meter Sprint	Prelims
	2 Heats	
12:15 PM	#20 Boys 11 Year Olds 100 Meter Sprint	Prelims

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
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Nepean Blair Oval
Session Report

Session: 3 Saturday Track Events
Day 2 - Saturday 30/11/2019 - Starts at 08:00 AM

Event		Round
	2 Heats	
12:19 PM	#21 Girls 12 Year Olds 100 Meter Sprint	Prelims
	2 Heats Lunch	
12:25 PM	#22 Boys 12 Year Olds 100 Meter Sprint	Prelims
	Final After Lunch	
12:56 PM	#2 Boys 7 Year Olds 50 Meter Sprint	Finals
	Final	
12:58 PM	#1 Girls 7 Year Olds 50 Meter Sprint	Finals
	Timed Final 1	
1:00 PM	#61 Girls 13 Year Olds 400 Meter Sprint	Finals
	Timed Final 1	
1:03 PM	#62 Boys 13 Year Olds 400 Meter Sprint	Finals
	Timed Final 1	
1:06 PM	#63 Girls 14 Year Olds 400 Meter Sprint	Finals
	Timed Final 1	
1:09 PM	#64 Boys 14 Year Olds 400 Meter Sprint	Finals
	Timed Final 1	
1:11 PM	#65 Girls 15 Year Olds 400 Meter Sprint	Finals
	Timed Final 1	
1:14 PM	#66 Boys 15 Year Olds 400 Meter Sprint	Finals
	Timed Final 1	
1:17 PM	#67 Girls 17 Year Olds 400 Meter Sprint	Finals
	Timed Final 1	
1:20 PM	#68 Boys 17 Year Olds 400 Meter Sprint	Finals
	Timed Final 1	
1:23 PM	#51 Girls 8 Year Olds 400 Meter Sprint	Finals
	Timed Final 1	
1:26 PM	#52 Boys 8 Year Olds 400 Meter Sprint	Finals
	Timed Final 1	
1:29 PM	#53 Girls 9 Year Olds 400 Meter Sprint	Finals
	Timed Final 2	
1:31 PM	#54 Boys 9 Year Olds 400 Meter Sprint	Finals
	Timed Final 2	
1:37 PM	#55 Girls 10 Year Olds 400 Meter Sprint	Finals
	Timed Final 2	
1:43 PM	#56 Boys 10 Year Olds 400 Meter Sprint	Finals
	Timed Final 1	
1:49 PM	#57 Girls 11 Year Olds 400 Meter Sprint	Finals
	Timed Final 2	
1:51 PM	#58 Boys 11 Year Olds 400 Meter Sprint	Finals
	Timed Final 2	
1:57 PM	#59 Girls 12 Year Olds 400 Meter Sprint	Finals
	Timed Final 1	
2:03 PM	#60 Boys 12 Year Olds 400 Meter Sprint	Finals
	Final	
2:30 PM	#11 Girls 7 Year Olds 100 Meter Sprint	Finals

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
OFFICIAL RELEASE Ver 6 - 29/11/2019 to 1/12/2019
Nepean Blair Oval
Session Report

Session: 3 Saturday Track Events
Day 2 - Saturday 30/11/2019 - Starts at 08:00 AM

Event		Round
	Final	
2:33 PM	#12 Boys 7 Year Olds 100 Meter Sprint	Finals
	Final	
2:36 PM	#23 Girls 13 Year Olds 100 Meter Sprint	Finals
	Final	
2:39 PM	#24 Boys 13 Year Olds 100 Meter Sprint	Finals
	Final	
2:41 PM	#26 Boys 14 Year Olds 100 Meter Sprint	Finals
	Final	
2:44 PM	#27 Girls 15 Year Olds 100 Meter Sprint	Finals
	Final	
2:47 PM	#28 Boys 15 Year Olds 100 Meter Sprint	Finals
	Final	
2:50 PM	#14 Boys 8 Year Olds 100 Meter Sprint	Finals
	Final	
2:53 PM	#15 Girls 9 Year Olds 100 Meter Sprint	Finals
	Final	
2:56 PM	#16 Boys 9 Year Olds 100 Meter Sprint	Finals
	Final	
2:59 PM	#17 Girls 10 Year Olds 100 Meter Sprint	Finals
	Final	
3:02 PM	#18 Boys 10 Year Olds 100 Meter Sprint	Finals
	Final	
3:05 PM	#19 Girls 11 Year Olds 100 Meter Sprint	Finals
	Final	
3:08 PM	#20 Boys 11 Year Olds 100 Meter Sprint	Finals
	Final	
3:11 PM	#21 Girls 12 Year Olds 100 Meter Sprint	Finals
	Final	
3:14 PM	#22 Boys 12 Year Olds 100 Meter Sprint	Finals

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
OFFICIAL RELEASE Ver 6 - 29/11/2019 to 1/12/2019
Nepean Blair Oval
Session Report

Session: 4 Saturday Field Events
Day 2 - Saturday 30/11/2019 - Starts at 08:00 PM

Event		Round
	SP 2	
8:00 AM	#229 Girls 11 Year Olds Shot Put (2.0 Kg)	Finals
	SP 1	
8:00 AM	#230 Boys 11 Year Olds Shot Put (2.0 Kg)	Finals
	LJ2	
8:00 AM	#179 Girls 12 Year Olds Long Jump	Finals
	LJ 1	
8:00 AM	#180 Boys 12 Year Olds Long Jump	Finals
	DC 1	
8:00 AM	#219 Girls 17 Year Olds Discus Throw (1.0 Kg)	Finals
	DC 2	
8:00 AM	#220 Boys 17 Year Olds Discus Throw (1.5 Kg)	Finals
	HJ 1	
8:00 AM	#163 Girls 14 Year Olds High Jump (S/H 1.20m)	Finals
	HJ 2	
8:00 AM	#164 Boys 14 Year Olds High Jump (S/H 1.25m)	Finals
	JAV	
8:00 AM	#246 Boys 13 Year Olds Javelin Throw (600 Gram)	Finals
	SP 1	
9:30 AM	#226 Boys 9 Year Olds Shot Put (2.0 Kg)	Finals
	SP 2	
9:30 AM	#225 Girls 9 Year Olds Shot Put (2.0 Kg)	Finals
	TJ 2	
9:30 AM	#198 Boys 15 Year Olds Triple Jump	Finals
	TJ 1	
9:30 AM	#197 Girls 15 Year Olds Triple Jump	Finals
	DC 2	
9:30 AM	#212 Boys 12 Year Olds Discus Throw (750 Gram)	Finals
	DC 1	
9:30 AM	#211 Girls 12 Year Olds Discus Throw (750 Gram)	Finals
	HJ 1	
9:30 AM	#167 Girls 17 Year Olds High Jump (S/H 1.25m)	Finals
	HJ 2	
9:30 AM	#168 Boys 17 Year Olds High Jump (S/H 1.30m)	Finals
	JAV	
9:30 AM	#242 Boys 11 Year Olds Javelin Throw (400 Gram)	Finals
	SP 1	
11:00 AM	#237 Girls 15 Year Olds Shot Put (3.0 Kg)	Finals
	SP 2	
11:00 AM	#238 Boys 15 Year Olds Shot Put (4.0 Kg)	Finals
	LJ 2	
11:00 AM	#188 Boys 17 Year Olds Long Jump	Finals
	LJ1	
11:00 AM	#175 Girls 10 Year Olds Long Jump	Finals
	DC 1	
11:00 AM	#203 Girls 8 Year Olds Discus Throw (500 Gram)	Finals

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
OFFICIAL RELEASE Ver 6 - 29/11/2019 to 1/12/2019
Nepean Blair Oval
Session Report

Session: 4 Saturday Field Events
Day 2 - Saturday 30/11/2019 - Starts at 08:00 PM

	Event	Round
	DC 2	
11:00 AM	#204 Boys 8 Year Olds Discus Throw (500 Gram) HJ 1	Finals
11:00 AM	#159 Girls 12 Year Olds High Jump (S/H 1.10m) HJ 2	Finals
11:00 AM	#160 Boys 12 Year Olds High Jump (S/H 1.15m) JAV	Finals
11:00 AM	#245 Girls 13 Year Olds Javelin Throw (400 Gram) SP 2	Finals
12:30 PM	#222 Boys 7 Year Olds Shot Put (1.0 Kg) SP 1	Finals
12:30 PM	#221 Girls 7 Year Olds Shot Put (1.0 Kg) LJ2	Finals
12:30 PM	#187 Girls 17 Year Olds Long Jump LJ1	Finals
12:30 PM	#176 Boys 10 Year Olds Long Jump HJ 1	Finals
12:30 PM	#153 Girls 9 Year Olds High Jump (S/H 0.80m) HJ 2	Finals
12:30 PM	#154 Boys 9 Year Olds High Jump (S/H 0.85m) DC 1	Finals
12:30 PM	#215 Girls 14 Year Olds Discus Throw (1.0 Kg) DC 2	Finals
12:30 PM	#216 Boys 14 Year Olds Discus Throw (1.0 Kg) JAV	Finals
12:30 PM	#241 Girls 11 Year Olds Javelin Throw (400 Gram) SP 1	Finals
1:30 PM	#233 Girls 13 Year Olds Shot Put (3.0 Kg) SP 2	Finals
1:30 PM	#234 Boys 13 Year Olds Shot Put (3.0 Kg) DC 2	Finals
1:30 PM	#207 Girls 10 Year Olds Discus Throw (500 Gram) DC 1	Finals
1:30 PM	#208 Boys 10 Year Olds Discus Throw (500 Gram) JAV	Finals
2:00 PM	#250 Boys 15 Year Olds Javelin Throw (700 Gram) LJ 1	Finals
1:30 PM	#184 Boys 14 Year Olds Long Jump LJ 2	Finals
1:30 PM	#183 Girls 14 Year Olds Long Jump TJ 1	Finals
2:30 PM	#189 Girls 11 Year Olds Triple Jump TJ 2	Finals
2:30 PM	#190 Boys 11 Year Olds Triple Jump TJ 2	Finals
3:30 PM	#194 Boys 13 Year Olds Triple Jump	Finals

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
OFFICIAL RELEASE Ver 6 - 29/11/2019 to 1/12/2019
Nepean Blair Oval
Session Report

Session: 4 Saturday Field Events
Day 2 - Saturday 30/11/2019 - Starts at 08:00 PM

Event		Round
	TJ 1	
3:30 PM	#193 Girls 13 Year Olds Triple Jump	Finals
	JAV	
3:00 PM	#249 Girls 15 Year Olds Javelin Throw (500 Gram)	Finals

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
OFFICIAL RELEASE Ver 6 - 29/11/2019 to 1/12/2019
Nepean Blair Oval
Session Report

Session: 5 Sunday Track Events
Day 3 - Sunday 1/12/2019 - Starts at 08:00 AM

Event		Round
	2 Heats	
8:06 AM	#75 Girls 11 Year Olds 80 Meter Hurdles (60cm)	Prelims
	2 Heats	
8:12 AM	#76 Boys 11 Year Olds 80 Meter Hurdles (60cm)	Prelims
	2 Heats	
8:18 AM	#77 Girls 12 Year Olds 80 Meter Hurdles (68cm)	Prelims
	Straight Final	
8:24 AM	#78 Boys 12 Year Olds 80 Meter Hurdles (68cm)	Prelims
	Straight Final	
8:24 AM	#78 Boys 12 Year Olds 80 Meter Hurdles (68cm)	Finals
	2 Heats	
8:27 AM	#79 Girls 13 Year Olds 80 Meter Hurdles (76cm)	Prelims
	Straight Final	
8:33 AM	#80 Boys 13 Year Olds 80 Meter Hurdles (76cm)	Prelims
	Straight Final	
8:33 AM	#80 Boys 13 Year Olds 80 Meter Hurdles (76cm)	Finals
	Straight Final	
8:36 AM	#81 Girls 14 Year Olds 80 Meter Hurdles (76cm)	Prelims
	Straight Final	
8:36 AM	#81 Girls 14 Year Olds 80 Meter Hurdles (76cm)	Finals
	Straight Final	
8:39 AM	#82 Boys 14 Year Olds 90 Meter Hurdles (76cm)	Prelims
	Straight Final	
8:39 AM	#82 Boys 14 Year Olds 90 Meter Hurdles (76cm)	Finals
	Straight Final	
8:42 AM	#83 Girls 15 Year Olds 90 Meter Hurdles (76cm)	Prelims
	Straight Final	
8:42 AM	#83 Girls 15 Year Olds 90 Meter Hurdles (76cm)	Finals
	Straight Final	
8:45 AM	#84 Boys 15 Year Olds 100 Meter Hurdles (76cm)	Prelims
	Straight Final	
8:45 AM	#84 Boys 15 Year Olds 100 Meter Hurdles (76cm)	Finals
	Straight Final	
8:48 AM	#85 Girls 17 Year Olds 100 Meter Hurdles (76cm)	Prelims
	Straight Final	
8:48 AM	#85 Girls 17 Year Olds 100 Meter Hurdles (76cm)	Finals
	Straight Final	
8:51 AM	#86 Boys 17 Year Olds 110 Meter Hurdles (76cm)	Prelims
	Straight Final	
8:51 AM	#86 Boys 17 Year Olds 110 Meter Hurdles (76cm)	Finals
	FInal	
9:00 AM	#144 Boys 12 Year Olds 1500 Meter Race Walk	Finals
	FInal	
9:00 AM	#143 Girls 12 Year Olds 1500 Meter Race Walk	Finals
	FInal	
9:00 AM	#145 Girls 13 Year Olds 1500 Meter Race Walk	Finals

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
OFFICIAL RELEASE Ver 6 - 29/11/2019 to 1/12/2019
Nepean Blair Oval
Session Report

Session: 5 Sunday Track Events
Day 3 - Sunday 1/12/2019 - Starts at 08:00 AM

Event		Round
	Final	
9:00 AM	#146 Boys 13 Year Olds 1500 Meter Race Walk	Finals
	Final	
9:00 AM	#147 Girls 14 Year Olds 1500 Meter Race Walk	Finals
	Final	
9:15 AM	#148 Boys 14 Year Olds 1500 Meter Race Walk	Finals
	Final	
9:15 AM	#149 Girls 15 Year Olds 1500 Meter Race Walk	Finals
	Final	
9:15 AM	#151 Girls 17 Year Olds 1500 Meter Race Walk	Finals
	Final	
9:15 AM	#152 Boys 17 Year Olds 1500 Meter Race Walk	Finals
	Final	
9:15 AM	#150 Boys 15 Year Olds 1500 Meter Race Walk	Finals
	Final	
9:30 AM	#141 Girls 11 Year Olds 1100 Meter Race Walk	Finals
	Final	
9:30 AM	#142 Boys 11 Year Olds 1100 Meter Race Walk	Finals
	Final	
9:30 AM	#139 Girls 10 Year Olds 1100 Meter Race Walk	Finals
	Final	
9:30 AM	#140 Boys 10 Year Olds 1100 Meter Race Walk	Finals
	Final	
9:45 AM	#137 Girls 9 Year Olds 700 Meter Race Walk	Finals
	Final	
9:45 AM	#138 Boys 9 Year Olds 700 Meter Race Walk	Finals
	Final	
9:45 AM	#98 Boys 8 Year Olds 700 Meter Run Pack Start	Finals
	Final	
9:45 AM	#97 Girls 8 Year Olds 700 Meter Run Pack Start	Finals
	Final	
10:00 AM	#79 Girls 13 Year Olds 80 Meter Hurdles (76cm)	Finals
	Final	
10:04 AM	#77 Girls 12 Year Olds 80 Meter Hurdles (68cm)	Finals
	Final	
10:08 AM	#75 Girls 11 Year Olds 80 Meter Hurdles (60cm)	Finals
	Final	
10:12 AM	#76 Boys 11 Year Olds 80 Meter Hurdles (60cm)	Finals
	2 Heats	
10:30 AM	#9 Girls 10 Year Olds 70 Meter Sprint	Prelims
	Straight Final	
10:36 AM	#10 Boys 10 Year Olds 70 Meter Sprint	Prelims
	Straight Final	
10:36 AM	#10 Boys 10 Year Olds 70 Meter Sprint	Finals
	2 Heats	
10:39 AM	#7 Girls 9 Year Olds 70 Meter Sprint	Prelims

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
OFFICIAL RELEASE Ver 6 - 29/11/2019 to 1/12/2019
Nepean Blair Oval
Session Report

Session: 5 Sunday Track Events
Day 3 - Sunday 1/12/2019 - Starts at 08:00 AM

Event		Round
	3 Heats	
10:41 AM	#8 Boys 9 Year Olds 70 Meter Sprint	Prelims
	2 Heats	
10:50 AM	#5 Girls 8 Year Olds 70 Meter Sprint	Prelims
	3 Heats	
10:56 AM	#6 Boys 8 Year Olds 70 Meter Sprint	Prelims
	2 Heats	
11:05 AM	#3 Girls 7 Year Olds 70 Meter Sprint	Prelims
	3 Heats	
11:11 AM	#4 Boys 7 Year Olds 70 Meter Sprint	Prelims
	2 Heats	
11:30 AM	#39 Girls 11 Year Olds 200 Meter Sprint	Prelims
	2 Heats	
11:34 AM	#40 Boys 11 Year Olds 200 Meter Sprint	Prelims
	2 Heats	
11:38 AM	#41 Girls 12 Year Olds 200 Meter Sprint	Prelims
	2 Heats	
11:42 AM	#42 Boys 12 Year Olds 200 Meter Sprint	Prelims
	2 Heats	
11:46 AM	#43 Girls 13 Year Olds 200 Meter Sprint	Prelims
	2 Heats	
11:50 AM	#44 Boys 13 Year Olds 200 Meter Sprint	Prelims
	Straight Final	
11:54 AM	#37 Girls 10 Year Olds 200 Meter Sprint	Prelims
	Straight Final	
11:54 AM	#37 Girls 10 Year Olds 200 Meter Sprint	Finals
	2 Heats	
11:56 AM	#38 Boys 10 Year Olds 200 Meter Sprint	Prelims
	2 Heats	
12:00 PM	#35 Girls 9 Year Olds 200 Meter Sprint	Prelims
	2 Heats	
12:04 PM	#36 Boys 9 Year Olds 200 Meter Sprint	Prelims
	2 Heats	
12:08 PM	#33 Girls 8 Year Olds 200 Meter Sprint	Prelims
	2 Heats	
12:12 PM	#34 Boys 8 Year Olds 200 Meter Sprint	Prelims
	Straight Final	
12:16 PM	#31 Girls 7 Year Olds 200 Meter Sprint	Prelims
	Straight Final	
12:16 PM	#31 Girls 7 Year Olds 200 Meter Sprint	Finals
	3 Heats	
12:18 PM	#32 Boys 7 Year Olds 200 Meter Sprint	Prelims
	2 Heats	
12:24 PM	#45 Girls 14 Year Olds 200 Meter Sprint	Prelims
	2 Heats	
12:28 PM	#46 Boys 14 Year Olds 200 Meter Sprint	Prelims

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
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Nepean Blair Oval
Session Report

Session: 5 Sunday Track Events
Day 3 - Sunday 1/12/2019 - Starts at 08:00 AM

Event		Round
	Straight Final	
12:32 PM	#47 Girls 15 Year Olds 200 Meter Sprint	Prelims
	Straight Final	
12:32 PM	#47 Girls 15 Year Olds 200 Meter Sprint	Finals
	Straight Final	
12:34 PM	#48 Boys 15 Year Olds 200 Meter Sprint	Prelims
	Straight Final	
12:34 PM	#48 Boys 15 Year Olds 200 Meter Sprint	Finals
	Straight Final	
12:35 PM	#49 Girls 17 Year Olds 200 Meter Sprint	Prelims
	Straight Final	
12:36 PM	#49 Girls 17 Year Olds 200 Meter Sprint	Finals
	Straight Final	
12:40 PM	#50 Boys 17 Year Olds 200 Meter Sprint	Prelims
	Straight Final	
12:40 PM	#50 Boys 17 Year Olds 200 Meter Sprint	Finals
	2 Heats (Lunch Not Before 1:10pm)	
1:10 PM	#9 Girls 10 Year Olds 70 Meter Sprint	Finals
	Final	
1:12 PM	#7 Girls 9 Year Olds 70 Meter Sprint	Finals
	Final	
1:14 PM	#8 Boys 9 Year Olds 70 Meter Sprint	Finals
	Final	
1:16 PM	#5 Girls 8 Year Olds 70 Meter Sprint	Finals
	Final	
1:18 PM	#6 Boys 8 Year Olds 70 Meter Sprint	Finals
	Final	
1:20 PM	#3 Girls 7 Year Olds 70 Meter Sprint	Finals
	Final	
1:22 PM	#4 Boys 7 Year Olds 70 Meter Sprint	Finals
	Final	
1:30 PM	#103 Girls 11 Year Olds 800 Meter Run	Finals
	Final	
1:35 PM	#104 Boys 11 Year Olds 800 Meter Run	Finals
	Final	
1:40 PM	#105 Girls 12 Year Olds 800 Meter Run	Finals
	Final	
1:45 PM	#106 Boys 12 Year Olds 800 Meter Run	Finals
	Final	
1:50 PM	#107 Girls 13 Year Olds 800 Meter Run	Finals
	Final	
1:55 PM	#108 Boys 13 Year Olds 800 Meter Run	Finals
	Final	
2:00 PM	#109 Girls 14 Year Olds 800 Meter Run	Finals
	Final	
2:05 PM	#110 Boys 14 Year Olds 800 Meter Run	Finals

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
OFFICIAL RELEASE Ver 6 - 29/11/2019 to 1/12/2019
Nepean Blair Oval
Session Report

Session: 5 Sunday Track Events
Day 3 - Sunday 1/12/2019 - Starts at 08:00 AM

Event		Round
	Final	
2:10 PM	#111 Girls 15 Year Olds 800 Meter Run	Finals
	Final	
2:15 PM	#112 Boys 15 Year Olds 800 Meter Run	Finals
	Final	
2:20 PM	#113 Girls 17 Year Olds 800 Meter Run	Finals
	Final	
2:25 PM	#114 Boys 17 Year Olds 800 Meter Run	Finals
	Final	
2:30 PM	#101 Girls 10 Year Olds 800 Meter Run	Finals
	Final	
2:35 PM	#102 Boys 10 Year Olds 800 Meter Run	Finals
	Final	
2:40 PM	#99 Girls 9 Year Olds 800 Meter Run	Finals
	Final	
2:45 PM	#100 Boys 9 Year Olds 800 Meter Run	Finals
	Final	
3:00 PM	#33 Girls 8 Year Olds 200 Meter Sprint	Finals
	Final	
3:02 PM	#34 Boys 8 Year Olds 200 Meter Sprint	Finals
	Final	
3:04 PM	#32 Boys 7 Year Olds 200 Meter Sprint	Finals
	Final	
3:06 PM	#39 Girls 11 Year Olds 200 Meter Sprint	Finals
	Final	
3:08 PM	#40 Boys 11 Year Olds 200 Meter Sprint	Finals
	Final	
3:10 PM	#41 Girls 12 Year Olds 200 Meter Sprint	Finals
	Final	
3:12 PM	#42 Boys 12 Year Olds 200 Meter Sprint	Finals
	Final	
3:14 PM	#43 Girls 13 Year Olds 200 Meter Sprint	Finals
	Final	
3:16 PM	#44 Boys 13 Year Olds 200 Meter Sprint	Finals
	Final	
3:18 PM	#45 Girls 14 Year Olds 200 Meter Sprint	Finals
	Final	
3:20 PM	#46 Boys 14 Year Olds 200 Meter Sprint	Finals
	Final	
3:22 PM	#38 Boys 10 Year Olds 200 Meter Sprint	Finals
	Final	
3:24 PM	#35 Girls 9 Year Olds 200 Meter Sprint	Finals
	Final	
3:26 PM	#36 Boys 9 Year Olds 200 Meter Sprint	Finals
	Final	
3:30 PM	#277 Girls 9-12 4x100 Meter Relay (Jnr)	Finals

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Nepean Blair Oval
Session Report

Session: 5 Sunday Track Events
 Day 3 - Sunday 1/12/2019 - Starts at 08:00 AM

Event		Round
	Final	
3:30 PM	#278 Boys 9-12 4x100 Meter Relay (Jnr)	Finals
	Final	
3:30 PM	#279 Girls 12-17 4x100 Meter Relay (Snr)	Finals
	Final	
3:30 PM	#280 Boys 12-17 4x100 Meter Relay (Snr)	Finals

2019 ZONE TRACK & FIELD CHAMPIONSHIPS
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Nepean Blair Oval
Session Report

Session: 6 Sunday Field Events
Day 3 - Sunday 1/12/2019 - Starts at 08:00 AM

Event		Round
	LJ 1	
8:00 AM	#177 Girls 11 Year Olds Long Jump	Finals
	LJ 2	
8:00 AM	#178 Boys 11 Year Olds Long Jump	Finals
	HJ 1	
8:00 AM	#155 Girls 10 Year Olds High Jump (S/H 0.90m)	Finals
	HJ 2	
8:00 AM	#156 Boys 10 Year Olds High Jump (S/H 0.95m)	Finals
	SP 1	
8:00 AM	#223 Girls 8 Year Olds Shot Put (1.5 Kg)	Finals
	SP 2	
8:00 AM	#224 Boys 8 Year Olds Shot Put (1.5 Kg)	Finals
	DC 1	
8:00 AM	#201 Girls 7 Year Olds Discus Throw (350 Gram)	Finals
	DC 2	
8:00 AM	#202 Boys 7 Year Olds Discus Throw (350 Gram)	Finals
	JAV	
8:00 AM	#243 Girls 12 Year Olds Javelin Throw (400 Gram)	Finals
	JAV	
8:00 AM	#244 Boys 12 Year Olds Javelin Throw (400 Gram)	Finals
	LJ1	
9:15 AM	#181 Girls 13 Year Olds Long Jump	Finals
	LJ2	
9:15 AM	#182 Boys 13 Year Olds Long Jump	Finals
	HJ1	
9:15 AM	#157 Girls 11 Year Olds High Jump (S/H 1.00m)	Finals
	HJ 2	
9:15 AM	#158 Boys 11 Year Olds High Jump (S/H 1.05m)	Finals
	SP1	
9:15 AM	#227 Girls 10 Year Olds Shot Put (2.0 Kg)	Finals
	SP2	
9:15 AM	#228 Boys 10 Year Olds Shot Put (2.0 Kg)	Finals
	DC1	
9:15 AM	#205 Girls 9 Year Olds Discus Throw (500 Gram)	Finals
	DC2	
9:15 AM	#206 Boys 9 Year Olds Discus Throw (500 Gram)	Finals
	JAV	
9:15 AM	#247 Girls 14 Year Olds Javelin Throw (400 Gram)	Finals
	LJ1	
10:30 AM	#185 Girls 15 Year Olds Long Jump	Finals
	LJ2	
10:30 AM	#186 Boys 15 Year Olds Long Jump	Finals
	HJ1	
10:30 AM	#161 Girls 13 Year Olds High Jump (S/H 1.15m)	Finals
	HJ2	
10:30 AM	#231 Girls 12 Year Olds Shot Put (2.0 Kg)	Finals

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Nepean Blair Oval
Session Report

Session: 6 Sunday Field Events
Day 3 - Sunday 1/12/2019 - Starts at 08:00 AM

	Event	Round
	SP1	
10:30 AM	#232 Boys 12 Year Olds Shot Put (2.0 Kg)	Finals
	SP2	
10:30 AM	#162 Boys 13 Year Olds High Jump (S/H 1.20m)	Finals
	DC1	
10:30 AM	#209 Girls 11 Year Olds Discus Throw (500 Gram)	Finals
	DC2	
10:30 AM	#210 Boys 11 Year Olds Discus Throw 500 Gram)	Finals
	JAV	
10:30 AM	#252 Boys 17 Year Olds Javelin Throw (700 Gram)	Finals
	TJ1	
11:45 AM	#191 Girls 12 Year Olds Triple Jump	Finals
	TJ2	
11:45 AM	#192 Boys 12 Year Olds Triple Jump	Finals
	HJ1	
11:45 AM	#165 Girls 15 Year Olds High Jump (S/H 1.20m)	Finals
	HJ2	
11:45 AM	#166 Boys 15 Year Olds High Jump (S/H 1.25m)	Finals
	SP1	
11:45 AM	#235 Girls 14 Year Olds Shot Put (3.0 Kg)	Finals
	SP2	
11:45 AM	#236 Boys 14 Year Olds Shot Put (3.0 Kg)	Finals
	DC1	
11:45 AM	#213 Girls 13 Year Olds Discus Throw (750 Gram)	Finals
	DC2	
11:45 AM	#214 Boys 13 Year Olds Discus Throw (750 Gram)	Finals
	JAV	
11:45 AM	#251 Girls 17 Year Olds Javelin Throw (500 Gram)	Finals
	TJ1	
1:30 PM	#195 Girls 14 Year Olds Triple Jump	Finals
	TJ2	
1:30 PM	#196 Boys 14 Year Olds Triple Jump	Finals
	SP1	
1:30 PM	#239 Girls 17 Year Olds Shot Put (3.0 Kg)	Finals
	SP2	
1:30 PM	#240 Boys 17 Year Olds Shot Put (5.0 Kg)	Finals
	DC1	
1:30 PM	#217 Girls 15 Year Olds Discus Throw (1.0 Kg)	Finals
	DC2	
1:30 PM	#218 Boys 15 Year Olds Discus Throw (1.0 Kg)	Finals
	TJ1	
2:45 PM	#199 Girls 17 Year Olds Triple Jump	Finals
	TJ2	
2:45 PM	#200 Boys 17 Year Olds Triple Jump	Finals
	JAV	
2:45 AM	#248 Boys 14 Year Olds Javelin Throw (600 Gram)	Finals

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2019 ZONE TRACK & FIELD CHAMPIONSHIPS
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Nepean Blair Oval
Meet Program - Friday Track Events

Event 87 Girls 13 Year Olds 200 Meter Hurdles (68cm) (4)

Friday 29/11/2019 - 5:30 PM

Zone: 31.35 2007 G MARSHALL, PENRITH VALLEY

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

3	43912	Savanah Carter		Emu Plains	
4	43911	Chardonnay Andrews		Emu Plains	
5	44015	Brooke Butler		Jamison	
6	44178	Famke Cullan		Werrington	

Event 88 Boys 13 Year Olds 200 Meter Hurdles (68cm) (4)

Friday 29/11/2019 - 5:33 PM

Zone: 27.45 2013 S MUNAWEERA, JAMISON

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

3	43915	Kian Brown		Emu Plains	
4	43949	Jack Jones		Emu Plains	
5	43986	Jackson Clarke		Emu Plains	
6	44177	Josh Reed		Werrington	

Event 89 Girls 14 Year Olds 200 Meter Hurdles (76cm) (4)

Friday 29/11/2019 - 5:40 PM

Zone: 30.25 1997 R JUNOR, PENRITH VALLEY

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

3	43916	Amelia Forti		Emu Plains	
4	43823	Jessica Majnaric		Colyton St Clair	
5	44133	Madison Plunkett		Penrith	
6	44175	Kiayla Casserly		Werrington	

Event 90 Boys 14 Year Olds 200 Meter Hurdles (76cm) (6)

Friday 29/11/2019 - 5:43 PM

Zone: 28.15 1997 A SCHEFE, JAMISON

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

2	43869	Toby Camilleri		Cranebrook	
3	44153	Lachlan Antecki		Werrington	
4	43990	Evander Kelly		Emu Plains	
5	43972	Lucas Grbin		Emu Plains	
6	43882	Brody Hull		Cranebrook	
7	43989	Jacob Kelly		Emu Plains	

Event 91 Girls 15 Year Olds 300 Meter Hurdles (76cm) (4)

Friday 29/11/2019 - 5:46 PM

Zone: 49.62 7/12/2018 Keeli Brown, Emu Plains

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

3	43888	Anoon Kuany		Cranebrook	
4	43874	Taylor Brown		Cranebrook	
5	44115	Olivia Cromie		Penrith	
6	44144	Ariana Levy		Werrington	

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Event 92 Boys 15 Year Olds 300 Meter Hurdles (76cm) (2)

Friday 29/11/2019 - 5:49 PM

Zone: 46.10 2017 Toby Hamblin, Emu Plains

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

3	43883	Hayden Husar		Cranebrook	
4	44173	Ryan Letford		Werrington	

Event 93 Girls 17 Year Olds 300 Meter Hurdles (76cm) (2)

Friday 29/11/2019 - 5:51 PM

Zone: 48.16 7/12/2018 Sundance Fuller, Penrith

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

3	43914	Keeli Brown		Emu Plains	
4	44159	Elissa Lee		Werrington	

Event 94 Boys 17 Year Olds 300 Meter Hurdles (76cm) (3)

Friday 29/11/2019 - 5:54 PM

Zone: 43.96 7/12/2018 Toby Hamblin, Emu Plains

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

3	43930	Toby Hamblin		Emu Plains	
4	44120	Trent Whitbread		Penrith	
5	44024	Adrian Jones		Jamison	

Event 117 Girls 11 Year Olds 1500 Meter Run (2)

Friday 29/11/2019 - 6:15 PM

Zone: 5:15.50 1985 J MARTIN, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25531	Sienna Planer		Nepean	
2	25013	Tia Bachtis		Emu Plains	

Event 118 Boys 11 Year Olds 1500 Meter Run (8)

Friday 29/11/2019 - 6:15 PM

Zone: 5:05.90 1991 R SCHEMP, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	28923	Conner Pryke		Cranebrook	
2	25081	Sevan Billaut		Emu Plains	
3	24877	James Karavas		Cranebrook	
4	24704	Lachlan Thomas		Colyton St Clair	
5	25071	Eamon Toland		Emu Plains	
6	25090	Alexander Mackie		Emu Plains	
7	25441	Kai Cullens		Jamison	
8	25479	Liam Lang		Jamison	

Event 119 Girls 12 Year Olds 1500 Meter Run (4)

Friday 29/11/2019 - 6:30 PM

Zone: 5:07.10 1990 M HEPWORTH, WERRINGTON

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44067	Kaydenze Phillips		Nepean	
2	44164	Brianna Atkins		Werrington	
3	43917	Mabel Dukes		Emu Plains	
4	43958	Abbi Grennell		Emu Plains	

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Event 120 Boys 12 Year Olds 1500 Meter Run (7)**Friday 29/11/2019 - 6:30 PM****Zone: 4:56.90 1985 D McILROY, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44022	Lincoln Douglas		Jamison	
2	44053	Cody Francis		Nepean	
3	43878	Jack Affleck		Cranebrook	
4	44056	Matthew Armstrong		Nepean	
5	44013	Adam McDonald		Jamison	
6	43935	Ethan Mackie		Emu Plains	
7	44126	Cenk Elve		Penrith	

Event 129 Girls 13 Year Olds 3000 Meter Run (4)**Friday 29/11/2019 - 6:45 PM****Zone: 10:43.00 1996 M FRENCH, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44060	Jessey Bektas		Nepean	
2	44172	Layla Sharp		Werrington	
3	45273	Anna Dubier		Werrington	
4	44058	Abbey Bektas		Nepean	

Event 130 Boys 13 Year Olds 3000 Meter Run (6)**Friday 29/11/2019 - 6:45 PM****Zone: 10:29.30 2016 A LAYCOCK, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44177	Josh Reed		Werrington	
2	44059	Alex Muir		Nepean	
3	44188	Cooper Levy		Werrington	
4	44001	Will Haydon		Emu Plains	
5	43889	Lachlan Pryke		Cranebrook	
6	43973	Jake Roberts		Emu Plains	

Event 131 Girls 14 Year Olds 3000 Meter Run (2)**Friday 29/11/2019 - 6:45 PM****Zone: 10:33.10 1996 M FRENCH, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	43881	Caitlyn Griggs		Cranebrook	
2	44009	Shontay Dezenieks		Jamison	

Event 132 Boys 14 Year Olds 3000 Meter Run (3)**Friday 29/11/2019 - 6:45 PM****Zone: 10:02.35 2017 Andrew Laycock, Emu Plains**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44019	Aidan Romeo		Jamison	
2	44032	Noah Lang		Jamison	
3	43933	Oliver Woods		Emu Plains	

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Event 133 Girls 15 Year Olds 3000 Meter Run (3)

Friday 29/11/2019 - 6:45 PM

Zone: 10:15.90 1999 S HARRISON, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	43836	Rhianni Deagan		Colyton St Clair	
2	44132	Leah Joseph		Penrith	
3	43957	Ella Grennell		Emu Plains	

Event 134 Boys 15 Year Olds 3000 Meter Run (6)

Friday 29/11/2019 - 6:45 PM

Zone: 9:31.84 7/12/2018 Andrew Laycock, Emu Plains

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44150	Brock Reed		Werrington	
2	43931	Cohen Aussel		Emu Plains	
3	43918	Will Dukes		Emu Plains	
4	43883	Hayden Husar		Cranebrook	
5	43964	Taniora Heke		Emu Plains	
6	45182	Tiago Ribeiro		Emu Plains	

Event 135 Girls 17 Year Olds 3000 Meter Run (2)

Friday 29/11/2019 - 6:45 PM

Zone: 11:17.33 2014 J TIBBETT, CRANE BROOK

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44131	Alison Joseph		Penrith	
2	46064	Jada Thomson		Colyton St Clair	

Event 136 Boys 17 Year Olds 3000 Meter Run (6)

Friday 29/11/2019 - 6:45 PM

Zone: 9:36.70 2012 D KEENE, EMU PLAINS

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44089	Logan Dwyer		Penrith	
2	44980	Daniel Kelly		Emu Plains	
3	44024	Adrian Jones		Jamison	
4	44088	Daniel Schouten		Penrith	
5	43956	Andrew Laycock		Emu Plains	
6	44981	Mitchell Kelly		Emu Plains	

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Event 169 Girls 7 Year Olds Long Jump (17)**Friday 29/11/2019 - 5:30 PM**

Zone:		3.19m	2015	A STAPLETON, JAMISON		
Pos	Comp#	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals						
1	24958	Veyda Fazel		Cranebrook		
2	25401	Chloe Campbell		Jamison		
3	25714	Gracie-Mae Romelo		Penrith		
4	25518	Stella McDiamid-Great		Nepean		
5	25568	Kaitlyn Downes		Nepean		
6	25536	Lisia Kaufonona		Nepean		
7	25120	Malia Odhiambo		Emu Plains		
8	25237	Marguerite Toohey		Emu Plains		
9	25452	Hannah Garrard		Jamison		
10	25625	Sienna Toomeman		Nepean		
11	25585	Harveen Sarai		Nepean		
12	25754	Isabelle Plunkett		Penrith		
13	25255	Harper Egglestone		Emu Plains		
14	26017	Madison Herrero		Werrington		
15	26012	Natalie McGilvray		Werrington		
16	25632	Aaliya Vhandari		Nepean		
17	24729	Matilda Watts		Colyton St Clair		

Event 170 Boys 7 Year Olds Long Jump (16)**Friday 29/11/2019 - 5:30 PM**

Zone:		3.59m	1987	J DIBBS, COLYTON		
Pos	Comp#	Name	Age	Team	Seed Mark	
Flight 1 of 1 Finals						
1	26004	Zadyn Casserly		Werrington		
2	25580	Zachariah Sainsbury		Nepean		
3	25966	Cooper Delohery		Werrington		
4	25577	Callam Bock		Nepean		
5	25621	Dominic Pagett-Salman		Nepean		
6	25734	Harrison Gilchrist		Penrith		
7	25785	Koen Beale		Penrith		
8	25775	Lucas Wells		Penrith		
9	25840	Harrison Lewtschenko		Werrington		
10	24807	Nephi Shortland		Colyton St Clair		
11	25240	Matthew Davis		Emu Plains		
12	25053	Noah Skyes		Emu Plains		
13	25700	Marley Bavadra		Penrith		
14	25695	Toby Baker		Penrith		
15	25944	Byron Mansour		Werrington		
16	25618	Tyler McSharry		Nepean		

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Event 171 Girls 8 Year Olds Long Jump (10)**Friday 29/11/2019 - 5:30 PM**

Zone:		3.47m	1991	J WEBSTER, COLYTON		
Pos	Comp#	Name	Age	Team	Seed	Mark
Flight	1 of 1	Finals				
1	25566	Dana Francis		Nepean		
2	25419	Amelia Beazley		Jamison		
3	25474	Milly Burnet		Jamison		
4	24914	Frankie Jarman		Cranebrook		
5	25865	Charlotte Morris		Werrington		
6	24966	Merkita Jaeger		Cranebrook		
7	25339	Summer Stansfield		Emu Plains		
8	27841	Marlena Tualau		Werrington		
9	25908	Chelsea Wright		Werrington		
10	24965	Sophie Griggs		Cranebrook		

Event 172 Boys 8 Year Olds Long Jump (22)**Friday 29/11/2019 - 5:30 PM**

Zone:		4.02m	2016	J EZEKIEL, WERRINGTON		
Pos	Comp#	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals						
1	25514	Preston Swann		Nepean		
2	25663	Jack Bailey		Nepean		
3	25788	Clayton Gregory		Penrith		
4	24685	Chigozie Ogbonna		Colyton St Clair		
5	25721	Lucas McPherson		Penrith		
6	24676	Zeki Salih		Colyton St Clair		
7	25121	Ryley Coote		Emu Plains		
8	28919	Jenson Pryke		Cranebrook		
9	25422	Khye Hunter		Jamison		
10	25423	Riley McPhillips		Jamison		
11	25569	Declan Downes		Nepean		
12	25971	Kahil Perez		Werrington		
13	25041	Casey Crambrook		Emu Plains		
14	24915	Liam Karavas		Cranebrook		
15	25554	Levi Pignat		Nepean		
16	25852	Eli Simpson		Werrington		
17	26022	Jobie Madden		Werrington		
18	25699	Etuate Bavadra		Penrith		
19	25728	Harvey Nix		Penrith		
20	28557	Lincoln Moore		Emu Plains		
21	28176	Haydin Firman		Nepean		
22	25641	Lucas O'Hare		Nepean		

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Event 173 Girls 9 Year Olds Long Jump (10)

Friday 29/11/2019 - 6:45 PM

Zone: 3.97m 1985		B PIENING, NEPEAN			
Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	25864	Phoebe Morris		Werrington	
2	24702	Aimee Johannsen		Colyton St Clair	
3	24709	Sophie Thomas		Colyton St Clair	
4	25653	Mariah Vehikite		Nepean	
5	25100	Anna Coburn		Emu Plains	
6	28920	Sarah Galea		Cranebrook	
7	25712	Isabella Johnston		Penrith	
8	25530	Alexis Planer		Nepean	
9	25097	Taylah Chrisostomos		Emu Plains	
10	25924	Grace Corner		Werrington	

Event 174 Boys 9 Year Olds Long Jump (20)

Friday 29/11/2019 - 6:45 PM

Zone: 4.44m 1991		D SMITH, PENRITH VALLEY			
Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	25874	Jackson Spano		Werrington	
2	25978	Jude Dunn		Werrington	
3	25935	Kitiseni Gabriel Alefosio		Werrington	
4	25519	Logan McFawn		Nepean	
5	25999	Jett Levy		Werrington	
6	25857	Alex Borg		Werrington	
7	25520	Thiago Mironow		Nepean	
8	24969	Jared Husar		Cranebrook	
9	25604	Reece Gallagher		Nepean	
10	25861	Cooper Falzon		Werrington	
11	25170	Remy Cross		Emu Plains	
12	25774	Lachlan Cordell		Penrith	
13	25052	Rohan Skyes		Emu Plains	
14	24713	Jarryd Morris		Colyton St Clair	
15	25805	Flynn Falzon		Penrith	
16	25544	Aiden Lawn		Nepean	
17	25091	Oliver Mackie		Emu Plains	
18	25769	Harlum Hooke		Penrith	
19	25119	Denzel Odhiambo		Emu Plains	
20	25819	Joel Romelo		Penrith	

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Event 95 Girls 7 Year Olds 500 Meter Run Pack Start (7)**Saturday 30/11/2019 - 8:00 AM****Zone: 1:54.00 1997 S.GUNN, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25754	Isabelle Plunkett		Penrith	
2	24729	Matilda Watts		Colyton St Clair	
3	26017	Madison Herrero		Werrington	
4	25292	Jenna Haydon		Emu Plains	
5	24958	Veyda Fazel		Cranebrook	
6	25870	Briar Auvaa		Werrington	
7	25545	Skye Lawn		Nepean	

Event 96 Boys 7 Year Olds 500 Meter Run Pack Start (11)**Saturday 30/11/2019 - 8:05 AM****Zone: 1:49.09 7/12/2018 Beau Argæet, Nepean**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25175	Owen Sproule		Emu Plains	
2	25709	Isaac McNaught		Penrith	
3	25695	Toby Baker		Penrith	
4	28608	Issac Spaccavento		Nepean	
5	25618	Tyler McSharry		Nepean	
6	24752	Nate Deagan		Colyton St Clair	
7	25667	Ismail Majedzada		Nepean	
8	25853	Leo Simpson		Werrington	
9	25185	Piri Heke		Emu Plains	
10	24901	Andreatta Mathayus		Cranebrook	
11	25122	Jett Ward		Emu Plains	

Event 69 Girls 8 Year Olds 60 Meter Hurdles (45cm) (15)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 8:15 AM****Zone: 11.45 1996 B SMITH, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

1	24965	Sophie Griggs		Cranebrook	
2	24914	Frankie Jarman		Cranebrook	
3	25865	Charlotte Morris		Werrington	
4	25477	Bailey Smith		Jamison	
5	25151	Charlotte Green		Emu Plains	
6	25339	Summer Stansfield		Emu Plains	
7	25118	Mylee Wales		Emu Plains	
8	26015	Amelia Kassouf		Werrington	

Heat 2 of 2 Prelims

1	25421	Olivia Darwen		Jamison	
2	24691	Talia Vecchio		Colyton St Clair	
3	25048	Summer Clarke		Emu Plains	
4	25750	Harper Russell		Penrith	
5	25718	Kelsey Brown		Penrith	
6	24966	Merkita Jaeger		Cranebrook	
7	25673	Taylah Pagnamenta		Penrith	

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Event 70 Boys 8 Year Olds 60 Meter Hurdles (45cm) (11)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 8:24 AM****Zone: 11.35 1997 M CAHALANE, CRANE BROOK**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
2	26022	Jobie Madden		Werrington	
3	25239	Charlie Davis		Emu Plains	
4	25788	Clayton Gregory		Penrith	
5	25794	Cooper Hines		Penrith	
6	25728	Harvey Nix		Penrith	
Heat 2 of 2 Prelims					
1	25779	Hayden Macaulay		Penrith	
2	25121	Ryley Coote		Emu Plains	
3	25749	Lachlan Bradshaw		Penrith	
4	28919	Jenson Pryke		Cranebrook	
5	25721	Lucas McPherson		Penrith	
6	25852	Eli Simpson		Werrington	

Event 71 Girls 9 Year Olds 60 Meter Hurdles (45cm) (17)**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 8:33 AM****Zone: 11.15 1997 E JUNOR, PENRITH VALLEY**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	25924	Grace Corner		Werrington	
2	25097	Taylah Chrisostomos		Emu Plains	
3	28921	Mia-Rose Jones		Cranebrook	
4	24709	Sophie Thomas		Colyton St Clair	
5	26003	Zina Igbojiaku		Werrington	
6	25534	Akira Westerby		Nepean	
Heat 2 of 3 Prelims					
2	25089	Gisele Woods		Emu Plains	
3	24677	Amelia Salih		Colyton St Clair	
4	25833	Makayla Richardson		Werrington	
5	25653	Mariah Vehikite		Nepean	
6	25056	Ayanna Katahie		Emu Plains	
Heat 3 of 3 Prelims					
1	25014	Effy Bachtis		Emu Plains	
2	25864	Phoebe Morris		Werrington	
3	25614	Skye Kenny		Nepean	
4	25236	Ava iljeski		Emu Plains	
5	24664	Georgia Watson		Colyton St Clair	
6	25177	Skyla Richardson		Emu Plains	

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Event 72 Boys 9 Year Olds 60 Meter Hurdles (45cm) (18)**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 8:40 AM**

Zone:		10.45	1999	Z SPERBER, PENRITH VALLEY		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat 1 of 3 Prelims						
1	25124	Brayden Fretton-Lee		Emu Plains		
2	25819	Joel Romelo		Penrith		
3	25544	Aiden Lawn		Nepean		
4	24930	Spencer Schofield		Cranebrook		
5	25047	Tanner Clarke		Emu Plains		
6	25753	Bailey Plunkett		Penrith		
Heat 2 of 3 Prelims						
1	25768	Ilhan Elve		Penrith		
2	25264	Blake Callaghan		Emu Plains		
3	25733	Oscar Gilchrist		Penrith		
4	25604	Reece Gallagher		Nepean		
5	25874	Jackson Spano		Werrington		
6	25857	Alex Borg		Werrington		
Heat 3 of 3 Prelims						
1	16485	Conan Waugh		Penrith		
2	25805	Flynn Falzon		Penrith		
3	25525	Luke Down		Nepean		
4	25985	Lucas Muir		Werrington		
5	25520	Thiago Mironow		Nepean		
6	25861	Cooper Falzon		Werrington		

Event 73 Girls 10 Year Olds 60 Meter Hurdles (60cm) (12)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 8:46 AM**

Zone:		11.26	2014	A LEVY, WERRINGTON		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat 1 of 2 Prelims						
2	24947	Madison Rose		Cranebrook		
3	25893	Julieann Cullan		Werrington		
4	24868	Charlotte McNeil		Cranebrook		
5	24692	Siena Vecchio		Colyton St Clair		
6	25588	Katelyn Daley		Nepean		
7	25430	Taylor Butler		Jamison		
Heat 2 of 2 Prelims						
1	24753	Charli Deagan		Colyton St Clair		
2	25787	Ava Gregory		Penrith		
3	25654	Aaliyah Vehikite		Nepean		
4	25223	Torah Smythe		Emu Plains		
5	25841	Madilyn Lewtschenko		Werrington		
6	24865	Ally-May Jones		Cranebrook		

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Event 74 Boys 10 Year Olds 60 Meter Hurdles (60cm) (14)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 9:00 AM****Zone: 10.45 1997 C RUDDOCK, COLYTON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	25740	Jordan Kliendienst		Penrith	
2	25189	Sebastian Cech		Emu Plains	
3	24863	Benji Ebejer		Cranebrook	
4	25088	Lachlan Woods		Emu Plains	
5	25152	Caelan Green		Emu Plains	
6	28177	Callam Firman		Nepean	
7	25184	Jaxson Willmington		Emu Plains	
Heat 2 of 2 Prelims					
1	26002	Zara Igbojiaku		Werrington	
2	25126	William Jones		Emu Plains	
3	16484	Caiden Waugh		Penrith	
4	25988	Dominic Antecki		Werrington	
5	25868	Ethan Hughes		Werrington	
6	24662	Brody Watson		Colyton St Clair	
7	25291	Ellis Haydon		Emu Plains	

Event 121 Girls 13 Year Olds 1500 Meter Run (9)**Saturday 30/11/2019 - 9:10 AM****Zone: 4:52.20 1999 S HARRISON, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	43965	Tiana Heke		Emu Plains	
2	44060	Jessey Bektas		Nepean	
3	44172	Layla Sharp		Werrington	
4	44156	Ebony Dunn		Werrington	
5	44044	Gemma Elliott-Swann		Nepean	
6	44057	Therese Armstrong		Nepean	
7	44101	Sophie McPherson		Penrith	
8	43922	Tyler-Eve Mair		Emu Plains	
9	44058	Abbey Bektas		Nepean	

Event 122 Boys 13 Year Olds 1500 Meter Run (8)**Saturday 30/11/2019 - 9:10 AM****Zone: 4:54.90 2013 S WATSON, PENRITH**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	43973	Jake Roberts		Emu Plains	
2	44188	Cooper Levy		Werrington	
3	44059	Alex Muir		Nepean	
4	44177	Josh Reed		Werrington	
5	43889	Lachlan Pryke		Cranebrook	
6	43939	Ryan Love		Emu Plains	
7	44001	Will Haydon		Emu Plains	
8	44048	Hayden Aquilina		Nepean	

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Event 123 Girls 14 Year Olds 1500 Meter Run (4)**Saturday 30/11/2019 - 9:25 AM****Zone: 4:52.40 1996****M FRENCH, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	43847	Kailey Speeding		Colyton St Clair	
2	44009	Shontay Dezenieks		Jamison	
3	43881	Caitlyn Griggs		Cranebrook	
4	43976	Sophie Boyes		Emu Plains	

Event 124 Boys 14 Year Olds 1500 Meter Run (5)**Saturday 30/11/2019 - 9:25 AM****Zone: 4:39.99 2017****Luke Boyes, Emu Plains**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44032	Noah Lang		Jamison	
2	44019	Aidan Romeo		Jamison	
3	44153	Lachlan Antecki		Werrington	
4	43933	Oliver Woods		Emu Plains	
5	44026	Dylan Jones		Jamison	

Event 125 Girls 15 Year Olds 1500 Meter Run (5)**Saturday 30/11/2019 - 9:40 AM****Zone: 4:50.40 1996****K FIELD, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	43836	Rhianni Deagan		Colyton St Clair	
2	44114	Alicia Langford		Penrith	
3	44132	Leah Joseph		Penrith	
4	43957	Ella Grennell		Emu Plains	
5	43951	Charlotte Bowden		Emu Plains	

Event 126 Boys 15 Year Olds 1500 Meter Run (6)**Saturday 30/11/2019 - 9:40 AM****Zone: 4:30.40 2001****J MILBURN, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	45182	Tiago Ribeiro		Emu Plains	
2	43964	Taniora Heke		Emu Plains	
3	44150	Brock Reed		Werrington	
4	43931	Cohen Aussel		Emu Plains	
5	43883	Hayden Husar		Cranebrook	
6	43918	Will Dukes		Emu Plains	

Event 127 Girls 17 Year Olds 1500 Meter Run (4)**Saturday 30/11/2019 - 9:55 AM****Zone: 5:13.57 2015****S STEELE, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	46064	Jada Thomson		Colyton St Clair	
2	44113	Tara Langford		Penrith	
3	44085	Caydi McPherson		Penrith	
4	44131	Alison Joseph		Penrith	

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Event 128 Boys 17 Year Olds 1500 Meter Run (6)**Saturday 30/11/2019 - 9:55 AM****Zone: 4:24.40 2012 D KEENE, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44089	Logan Dwyer		Penrith	
2	44980	Daniel Kelly		Emu Plains	
3	44024	Adrian Jones		Jamison	
4	43956	Andrew Laycock		Emu Plains	
5	44981	Mitchell Kelly		Emu Plains	
6	44088	Daniel Schouten		Penrith	

Event 1 Girls 7 Year Olds 50 Meter Sprint (13)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 10:45 AM****Zone: 8.65 2007 B SALAWU, PENRITH VALLEY**

Lane	Comp#	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

1	25748	Cassidy Kelly		Penrith	
2	25120	Malia Odhiambo		Emu Plains	
3	25754	Isabelle Plunkett		Penrith	
4	25255	Harper Egglestone		Emu Plains	
5	25452	Hannah Garrard		Jamison	
6	25568	Kaitlyn Downes		Nepean	

Heat 2 of 2 Prelims

1	25545	Skye Lawn		Nepean	
2	25237	Marguerite Toohey		Emu Plains	
3	25312	Lyla Callaghan		Emu Plains	
4	25032	Emmerson Andrews		Emu Plains	
5	25625	Sienna Toomeman		Nepean	
6	25632	Aaliya Vhandari		Nepean	
7	25585	Harveen Sarai		Nepean	

Event 2 Boys 7 Year Olds 50 Meter Sprint (18)**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 10:49 AM****Zone: 8.41 8/12/2018 Beau Argæt, Nepean**

Lane	Comp#	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1	25483	Dante Ward		Jamison	
2	25621	Dominic Pagett-Salman		Nepean	
3	28179	Chayse Edwards		Nepean	
4	25682	Manaia Thomas		Penrith	
5	25700	Marley Bavadra		Penrith	
6	25853	Leo Simpson		Werrington	

Heat 2 of 3 Prelims

1	25587	Jakob Daley		Nepean	
2	25053	Noah Skyes		Emu Plains	
3	25784	Riley Bradshaw		Penrith	
4	25122	Jett Ward		Emu Plains	
5	25580	Zachariah Sainsbury		Nepean	
6	25775	Lucas Wells		Penrith	

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Heat 3 of 3 Prelims...(Event 2 Boys 7 Year Olds 50 Meter Sprint (18))

1	25057	Alexander Simpson	Emu Plains
2	26004	Zadyn Casserly	Werrington
3	25175	Owen Sproule	Emu Plains
4	25070	Daniel Marsh-Tidyman	Emu Plains
5	25709	Isaac McNaught	Penrith
6	24807	Nephi Shortland	Colyton St Clair

Event 23 Girls 13 Year Olds 100 Meter Sprint (12)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 10:55 AM****Zone: 13.08 2017 Ella Sweeney, Emu Plains**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	43994	Nekea Talaia		Emu Plains	
2	44101	Sophie McPherson		Penrith	
3	44100	Jade Robinson		Penrith	
4	44075	Chloe O'Hare		Nepean	
5	44092	Alyssa Ballard		Penrith	
6	44178	Famke Cullan		Werrington	

Heat 2 of 2 Prelims

1	44098	Chloe Watson		Penrith	
2	43922	Tyler-Eve Mair		Emu Plains	
3	43864	Anthea Karavas		Cranebrook	
4	44982	Bryanna Pettinato		Emu Plains	
5	44015	Brooke Butler		Jamison	
6	44058	Abbey Bektas		Nepean	

Event 24 Boys 13 Year Olds 100 Meter Sprint (11)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 10:59 AM****Zone: 12.35 2013 S MUNAWEERA, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	44048	Hayden Aquilina		Nepean	
2	43915	Kian Brown		Emu Plains	
3	44061	Lachlan O'Mullane-Slade		Nepean	
4	44166	Mitchell Crocker		Werrington	
5	43857	Cooper Giuliano		Colyton St Clair	
6	46144	Ashton Gauci		Colyton St Clair	

Heat 2 of 2 Prelims

2	44162	Lowndes Motler		Werrington	
3	44094	Malakai Bavadra		Penrith	
4	43856	Isaac Giuliano		Colyton St Clair	
5	43986	Jackson Clarke		Emu Plains	
6	44102	Lochlain Smith		Penrith	

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Event 25 Girls 14 Year Olds 100 Meter Sprint (8)**8 Advance: Top 2 Each Heat plus Next 6 Best Times****Saturday 30/11/2019 - 11:03 AM****Zone: 12.95 1991 M FENNING, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
1	44165	Karisa Atkins		Werrington	
2	44136	Amber Justice		Penrith	
3	44133	Madison Plunkett		Penrith	
4	43823	Jessica Majnaric		Colyton St Clair	
5	43834	Piper Threlfall		Colyton St Clair	
6	43847	Kailey Speeding		Colyton St Clair	
7	43845	Abby Hile		Colyton St Clair	
8	43853	Lindsay Smeekens		Colyton St Clair	

Event 26 Boys 14 Year Olds 100 Meter Sprint (10)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 11:05 AM****Zone: 11.45 2013 A GALE, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	44034	Kai Hughes		Jamison	
2	43921	Jack Skyes		Emu Plains	
3	43990	Evander Kelly		Emu Plains	
4	43852	Lincoln Hole		Colyton St Clair	
5	44062	Evan O'Mullane-Slade		Nepean	
Heat 2 of 2 Prelims					
2	43989	Jacob Kelly		Emu Plains	
3	45274	Osione Ugabomhe		Werrington	
4	43919	Flynn Sanders		Emu Plains	
5	44028	Christian Ansell		Jamison	
6	43928	Joel Gomes		Emu Plains	

Event 27 Girls 15 Year Olds 100 Meter Sprint (9)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 11:09 AM****Zone: 12.84 2017 Claire Meyers, Emu Plains**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	44170	Katelyn Kos		Werrington	
2	44132	Leah Joseph		Penrith	
3	43874	Taylor Brown		Cranebrook	
4	43875	Darcy Jarman		Cranebrook	
5	43884	Abby Affleck		Cranebrook	
Heat 2 of 2 Prelims					
3	44045	Hayley Kovacs		Nepean	
4	44115	Olivia Cromie		Penrith	
5	43839	Jenna Rose		Colyton St Clair	
6	45276	Emma Tualau		Werrington	

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Event 28 Boys 15 Year Olds 100 Meter Sprint (9)
8 Advance: Top 3 Each Heat plus Next 2 Best Times
Saturday 30/11/2019 - 11:13 AM

Zone:		11.20	2014	A GALE, NEPEAN		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat 1 of 2	Prelims					
4	43886	Rhys Warby		Cranebrook		
5	44086	Cruz Pagnamenta		Penrith		
6	44173	Ryan Letford		Werrington		
7	43885	Joshua Debritt		Cranebrook		
Heat 2 of 2	Prelims					
1	44174	Khain Letford		Werrington		
2	44105	Aiden Espie		Penrith		
3	43913	William Ives		Emu Plains		
4	44171	Isaac Sharp		Werrington		
5	44183	Adrian Hadfield		Werrington		

Event 30 Boys 17 Year Olds 100 Meter Sprint (5)
8 Advance: Top 2 Each Heat plus Next 6 Best Times
Saturday 30/11/2019 - 11:17 AM

Zone:		11.03	2015	A GALE, NEPEAN		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat	1 of 1	Prelims				
1	44063	Dylan O'Mullane-Slade		Nepean		
2	44020	Ryan Mooney		Jamison		
3	44107	Justin O'Reilly		Penrith		
4	43842	Laud Codjoe		Colyton St Clair		
5	44135	Jackson Justice		Penrith		

Event 29 Girls 17 Year Olds 100 Meter Sprint (4)
8 Advance: Top 2 Each Heat plus Next 6 Best Times
Saturday 30/11/2019 - 11:19 AM

Zone:		12.49	2017	Monique Quirk, Emu Plains		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat	1 of 1	Prelims				
2	44080	Sky O'Hare		Nepean		
3	44068	Hunter Rebec		Nepean		
4	44097	Abbey Watson		Penrith		
5	44085	Caydi McPherson		Penrith		

Event 11 Girls 7 Year Olds 100 Meter Sprint (13)
8 Advance: Top 3 Each Heat plus Next 2 Best Times
Saturday 30/11/2019 - 11:21 AM

Zone:		16.94	2015	A STAPLETON, JAMISON		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat	1 of 2	Prelims				
2	24748	Giselle Stopins		Colyton St Clair		
3	25536	Lisia Kaufonona		Nepean		
4	25237	Marguerite Toohey		Emu Plains		
5	26017	Madison Herrero		Werrington		
6	25545	Skye Lawn		Nepean		
7	24958	Veyda Fazel		Cranebrook		
8	25120	Malia Odhiambo		Emu Plains		

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Heat 2 of 2 Prelims...(Event 11 Girls 7 Year Olds 100 Meter Sprint (13))

2	25748	Cassidy Kelly	Penrith
3	25312	Lyla Callaghan	Emu Plains
4	26012	Natalie McGilvray	Werrington
5	25870	Briar Auva	Werrington
6	24729	Matilda Watts	Colyton St Clair
7	25568	Kaitlyn Downes	Nepean

Event 12 Boys 7 Year Olds 100 Meter Sprint (19)**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 11:26 AM****Zone: 16.25 1997 B MEDLIN, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	25941	Tevita-Jr Gatehau		Werrington	
2	25057	Alexander Simpson		Emu Plains	
3	25700	Marley Bavadra		Penrith	
4	25784	Riley Bradshaw		Penrith	
5	25580	Zachariah Sainsbury		Nepean	
6	25695	Toby Baker		Penrith	
7	25070	Daniel Marsh-Tidyman		Emu Plains	
Heat 2 of 3 Prelims					
1	25682	Manaia Thomas		Penrith	
2	25185	Piri Heke		Emu Plains	
3	25944	Byron Mansour		Werrington	
4	25709	Isaac McNaught		Penrith	
5	28608	Issac Spaccavento		Nepean	
6	25853	Leo Simpson		Werrington	
Heat 3 of 3 Prelims					
1	25734	Harrison Gilchrist		Penrith	
2	25122	Jett Ward		Emu Plains	
3	28179	Chayse Edwards		Nepean	
4	25483	Dante Ward		Jamison	
5	24807	Nephi Shortland		Colyton St Clair	
6	25785	Koen Beale		Penrith	

Event 13 Girls 8 Year Olds 100 Meter Sprint (6)**8 Advance: Top 8 Each Heat plus Next 0 Best Times****Saturday 30/11/2019 - 11:34 AM****Zone: 16.25 1996 B SMITH, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
1	25765	Havana Pagnamenta		Penrith	
2	25151	Charlotte Green		Emu Plains	
3	25421	Olivia Darwen		Jamison	
4	26015	Amelia Kassouf		Werrington	
5	25048	Summer Clarke		Emu Plains	
6	24691	Talia Vecchio		Colyton St Clair	

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Event 14 Boys 8 Year Olds 100 Meter Sprint (26)
8 Advance: Top 1 Each Heat plus Next 4 Best Times
Saturday 30/11/2019 - 11:36 AM

Zone:		15.35	1987	P ROSE, EMU PLAINS		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat 1 of 4 Prelims						
2	25557	Yannick Kansakar		Nepean		
3	24915	Liam Karavas		Cranebrook		
4	28919	Jenson Pryke		Cranebrook		
5	25423	Riley McPhillips		Jamison		
6	25514	Preston Swann		Nepean		
7	28176	Haydin Firman		Nepean		
Heat 2 of 4 Prelims						
2	25788	Clayton Gregory		Penrith		
3	24676	Zeki Salih		Colyton St Clair		
4	25569	Declan Downes		Nepean		
5	25794	Cooper Hines		Penrith		
6	25852	Eli Simpson		Werrington		
7	25663	Jack Bailey		Nepean		
8	25015	Peter Bachtis		Emu Plains		
Heat 3 of 4 Prelims						
2	25715	Ethan Robinson		Penrith		
3	25121	Ryley Coote		Emu Plains		
4	25554	Levi Pignat		Nepean		
5	25699	Etuate Bavadra		Penrith		
6	25971	Kahil Perez		Werrington		
7	24685	Chigozie Ogbonna		Colyton St Clair		
Heat 4 of 4 Prelims						
1	25736	Lucas Stofmeel		Penrith		
2	25239	Charlie Davis		Emu Plains		
3	25422	Khye Hunter		Jamison		
4	25749	Lachlan Bradshaw		Penrith		
5	26022	Jobie Madden		Werrington		
6	25641	Lucas O'Hare		Nepean		
7	25779	Hayden Macaulay		Penrith		

Event 15 Girls 9 Year Olds 100 Meter Sprint (19)
8 Advance: Top 2 Each Heat plus Next 2 Best Times
Saturday 30/11/2019 - 11:44 AM

Zone:		14.75	1985	B PIENING, NEPEAN		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat	1 of 3	Prelims				
1	25530	Alexis Planer		Nepean		
2	28921	Mia-Rose Jones		Cranebrook		
3	25864	Phoebe Morris		Werrington		
4	25236	Ava iljeski		Emu Plains		
5	24677	Amelia Salih		Colyton St Clair		
6	25177	Skyla Richardson		Emu Plains		

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1	25014	Effy Bachtis	Emu Plains
2	25833	Makayla Richardson	Werrington
3	25688	Nikyah Jones-Dunn	Penrith
4	26003	Zina Igbojiaku	Werrington
5	25712	Isabella Johnston	Penrith
6	25757	Isabella Horne	Penrith
7	25426	Tayla Karele	Jamison

Heat 3 of 3 Prelims

2	25653	Mariah Vehikite	Nepean
3	25959	Ella Long	Werrington
4	28920	Sarah Galea	Cranebrook
5	25125	Maddison Fretton-Lee	Emu Plains
6	25614	Skye Kenny	Nepean
7	25089	Gisele Woods	Emu Plains

Event 16 Boys 9 Year Olds 100 Meter Sprint (23)**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 11:50 AM****Zone: 14.55 1994****A GARRARD, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	25753	Bailey Plunkett		Penrith	
2	25119	Denzel Odhiambo		Emu Plains	
3	25774	Lachlan Cordell		Penrith	
4	25769	Harlum Hooke		Penrith	
5	25604	Reece Gallagher		Nepean	
6	25733	Oscar Gilchrist		Penrith	
7	24684	Hague Trudinger Asare		Colyton St Clair	
8	25819	Joel Romelo		Penrith	
Heat 2 of 3 Prelims					
2	25978	Jude Dunn		Werrington	
3	25731	David-Gordon Challis		Penrith	
4	25170	Remy Cross		Emu Plains	
5	25010	Timothy Hammond		Emu Plains	
6	27589	Egbosioigwe Ugbomhe		Werrington	
7	25264	Blake Callaghan		Emu Plains	
8	25047	Tanner Clarke		Emu Plains	
Heat 3 of 3 Prelims					
1	25052	Rohan Skyes		Emu Plains	
2	25520	Thiago Mironow		Nepean	
3	25935	Kitiseni Gabriel Alefosio		Werrington	
4	25768	Ilhan Elve		Penrith	
5	25124	Brayden Fretton-Lee		Emu Plains	
6	25960	Dominic Kassouf		Werrington	
7	25985	Lucas Muir		Werrington	
8	24930	Spencer Schofield		Cranebrook	

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Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	25654	Aaliyah Vehikite		Nepean	
2	25893	Julieann Cullan		Werrington	
3	25430	Taylor Butler		Jamison	
4	24700	Alexis South		Colyton St Clair	
5	25836	Maddison Mahe		Werrington	
6	25139	Lilly Brown		Emu Plains	
7	24865	Ally-May Jones		Cranebrook	
Heat 2 of 2 Prelims					
1	25478	Maddison Smith		Jamison	
2	25434	Sienna Karele		Jamison	
3	25223	Torah Smythe		Emu Plains	
4	25600	Annalise Pedersen		Nepean	
5	25435	Ruby McPhillips		Jamison	
6	24945	Ella Affleck		Cranebrook	
7	25628	Ruby Montgomery		Nepean	
8	28180	Laylah Golden		Nepean	

Event 18 Boys 10 Year Olds 100 Meter Sprint (19)**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 12:00 PM****Zone: 14.05 1985 S SUTTON, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	25756	Tyler Horne		Penrith	
2	25088	Lachlan Woods		Emu Plains	
3	25548	Ismail Akram		Nepean	
4	16484	Caiden Waugh		Penrith	
5	24689	Lachlan Gillard		Colyton St Clair	
6	25747	Brayden Kelly		Penrith	
7	24864	Jarryd Edmunds		Cranebrook	
Heat 2 of 3 Prelims					
1	25238	Findlay Toohey		Emu Plains	
2	25537	Ryan Sciberras		Nepean	
3	28613	Sunia Ula		Nepean	
4	26002	Zara Igbojiaku		Werrington	
5	25868	Ethan Hughes		Werrington	
6	25181	Mafia Saito		Emu Plains	
Heat 3 of 3 Prelims					
1	25184	Jaxson Willmington		Emu Plains	
2	25818	Malakhi Sutherland-Naylor		Penrith	
3	24863	Benji Ebejer		Cranebrook	
4	25152	Caelan Green		Emu Plains	
5	25687	Xzavier Jones-Dunn		Penrith	
6	26018	Zachary Herrero		Werrington	

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Event 19 Girls 11 Year Olds 100 Meter Sprint (18)**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 12:09 PM****Zone: 13.97 8/12/2018 Virginia Cole, Emu Plains**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	24870	Madison Brown		Cranebrook	
2	27846	Ella Williams		Werrington	
3	25039	Addisyn Ives		Emu Plains	
4	24876	Nikitah Jones		Cranebrook	
5	25242	Violet Langley		Emu Plains	
6	24802	Emily Cox		Colyton St Clair	
Heat 2 of 3 Prelims					
1	25674	Charlotte Bradshaw		Penrith	
2	25531	Sienna Planer		Nepean	
3	25073	Maddison Daley		Emu Plains	
4	25923	Madison Corner		Werrington	
5	25565	Bronte Eivers		Nepean	
6	26011	Emily McGilvray		Werrington	
Heat 3 of 3 Prelims					
1	25482	Chantai Ward		Jamison	
2	25235	Tahlia ilijeski		Emu Plains	
3	24951	Amelia Griggs		Cranebrook	
4	25984	Hayley Muir		Werrington	
5	26016	Charli Kassouf		Werrington	
6	25601	Emily Pedersen		Nepean	

Event 20 Boys 11 Year Olds 100 Meter Sprint (12)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 12:15 PM****Zone: 13.25 1996 A GARRARD, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	25535	Lucas Aquilina		Nepean	
2	25337	Tayte Walker		Emu Plains	
3	25055	William Bradford		Emu Plains	
4	25085	Hamish Aussel		Emu Plains	
5	25284	Ethan Nixon		Emu Plains	
6	24660	Noah Hams		Colyton St Clair	
Heat 2 of 2 Prelims					
1	24880	Dylan Taylor-Rogers		Cranebrook	
2	27587	Epeosi Ugbomhe		Werrington	
3	25584	Bryson Browne		Nepean	
4	25664	Jason Bailey		Nepean	
5	24950	Ryan Debritt		Cranebrook	
6	24678	Ardit Singh Maan		Colyton St Clair	

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Event 21 Girls 12 Year Olds 100 Meter Sprint (14)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 12:19 PM****Zone: 13.35 2007 C HEEPS, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	44110	Krystal Burrows		Penrith	
2	43910	Rachel Turner		Emu Plains	
3	44095	Aaliyah Bavadra		Penrith	
4	44099	Kiara Pagnamenta		Penrith	
5	43938	Mariah Chrisostomos		Emu Plains	
6	43841	Kristin Codjoe		Colyton St Clair	
7	44163	Abby Macallister		Werrington	
Heat 2 of 2 Prelims					
2	44106	Michayla Espie		Penrith	
3	43826	Adriana Borg		Colyton St Clair	
4	44087	Brooklyn Gilchrist		Penrith	
5	43920	Virginia Cole		Emu Plains	
6	43879	Paige Warby		Cranebrook	
7	43851	Sophia Lees		Colyton St Clair	
8	43903	Ainsley Giampietro		Emu Plains	

Event 22 Boys 12 Year Olds 100 Meter Sprint (15)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 30/11/2019 - 12:25 PM****Zone: 12.95 2012 S MUNAWEERA, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	43840	Jaxson Armson		Colyton St Clair	
2	44127	Luke Alderson		Penrith	
3	43818	Jack Gillard		Colyton St Clair	
4	44051	Hussain Akram		Nepean	
5	44049	Andrew Kaufonona		Nepean	
6	44084	Ashton Dawes		Penrith	
7	44053	Cody Francis		Nepean	
Heat 2 of 2 Prelims					
1	44149	Liam Buhagiar		Werrington	
2	44126	Cenk Elve		Penrith	
3	44083	Tyler Peken		Penrith	
4	43878	Jack Affleck		Cranebrook	
5	44070	Jordan Primmer		Nepean	
6	44189	Joseph Ezekiel		Werrington	
7	44082	Xavier Perry		Nepean	
8	44184	Ethan Hadfield		Werrington	

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Event 61 Girls 13 Year Olds 400 Meter Sprint (6)**Saturday 30/11/2019 - 1:00 PM****Zone: 1:03.35 1988 C BENNEY, PENRITH VALLEY**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

2	44182	Tara Hughes		Werrington	
3	44092	Alyssa Ballard		Penrith	
4	44073	Chloe Nancarrow		Nepean	
5	44057	Therese Armstrong		Nepean	
6	44100	Jade Robinson		Penrith	
7	44101	Sophie McPherson		Penrith	

Event 62 Boys 13 Year Olds 400 Meter Sprint (5)**Saturday 30/11/2019 - 1:03 PM****Zone: 58.15 1996 P HARDING, PENRITH**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

2	44048	Hayden Aquilina		Nepean	
3	44094	Malakai Bavadra		Penrith	
4	43856	Isaac Giuliano		Colyton St Clair	
5	43973	Jake Roberts		Emu Plains	
6	44001	Will Haydon		Emu Plains	

Event 63 Girls 14 Year Olds 400 Meter Sprint (5)**Saturday 30/11/2019 - 1:06 PM****Zone: 1:02.05 1990 K BENNOIT, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

2	44165	Karisa Atkins		Werrington	
3	44133	Madison Plunkett		Penrith	
4	43881	Caitlyn Griggs		Cranebrook	
5	43847	Kailey Speeding		Colyton St Clair	
6	44065	Leah Westcott		Nepean	

Event 64 Boys 14 Year Olds 400 Meter Sprint (4)**Saturday 30/11/2019 - 1:09 PM****Zone: 53.85 1996 P HARDING, PENRITH VALLEY**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

2	44034	Kai Hughes		Jamison	
3	45274	Osione Ugbonmhe		Werrington	
4	43919	Flynn Sanders		Emu Plains	
5	44026	Dylan Jones		Jamison	

Event 65 Girls 15 Year Olds 400 Meter Sprint (2)**Saturday 30/11/2019 - 1:11 PM****Zone: 58.55 2015 M QUIRK, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

3	43884	Abby Affleck		Cranebrook	
4	43888	Anoon Kuany		Cranebrook	

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Event 66 Boys 15 Year Olds 400 Meter Sprint (6)**Saturday 30/11/2019 - 1:14 PM****Zone: 52.75 2001 J MILBURN, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

2	44086	Cruz Pagnamenta		Penrith	
3	43931	Cohen Aussel		Emu Plains	
4	44183	Adrian Hadfield		Werrington	
5	45182	Tiago Ribeiro		Emu Plains	
6	44105	Aiden Espie		Penrith	
7	44171	Isaac Sharp		Werrington	

Event 67 Girls 17 Year Olds 400 Meter Sprint (4)**Saturday 30/11/2019 - 1:17 PM****Zone: 1:02.75 2012 H STEWART, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

2	43914	Keeli Brown		Emu Plains	
3	44128	Kaili Hayward		Penrith	
4	44085	Caydi McPherson		Penrith	
5	46064	Jada Thomson		Colyton St Clair	

Event 68 Boys 17 Year Olds 400 Meter Sprint (5)**Saturday 30/11/2019 - 1:20 PM****Zone: 52.45 2015 D MIZZI, COLYTON ST CLAIR**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

2	44020	Ryan Mooney		Jamison	
3	44135	Jackson Justice		Penrith	
4	44063	Dylan O'Mullane-Slade		Nepean	
5	43948	Hugh Harrold		Emu Plains	
6	44980	Daniel Kelly		Emu Plains	

Event 51 Girls 8 Year Olds 400 Meter Sprint (5)**Saturday 30/11/2019 - 1:23 PM****Zone: 1:16.35 1984 B PIENING, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

2	25421	Olivia Darwin		Jamison	
3	25108	Madison Easterbrook		Emu Plains	
4	25718	Kelsey Brown		Penrith	
5	25865	Charlotte Morris		Werrington	
6	25566	Dana Francis		Nepean	

Event 52 Boys 8 Year Olds 400 Meter Sprint (8)**Saturday 30/11/2019 - 1:26 PM****Zone: 1:14.25 1991 L ROONEY, PENRITH VALLEY**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25663	Jack Bailey		Nepean	
2	25728	Harvey Nix		Penrith	
3	25736	Lucas Stofmeel		Penrith	
4	25041	Casey Crambrook		Emu Plains	
5	25971	Kahil Perez		Werrington	
6	25423	Riley McPhillips		Jamison	
7	25721	Lucas McPherson		Penrith	
8	25715	Ethan Robinson		Penrith	

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Event 53 Girls 9 Year Olds 400 Meter Sprint (8)**Saturday 30/11/2019 - 1:29 PM****Zone: 1:13.95 1985****B PIENING, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	25133	Evelyn Bowden		Emu Plains	
2	25712	Isabella Johnston		Penrith	
3	25056	Ayanna Katahie		Emu Plains	
4	25530	Alexis Planer		Nepean	
5	25089	Gisele Woods		Emu Plains	
6	25757	Isabella Horne		Penrith	
7	25653	Mariah Vehikite		Nepean	
8	25534	Akira Westerby		Nepean	

Event 54 Boys 9 Year Olds 400 Meter Sprint (14)**Saturday 30/11/2019 - 1:31 PM****Zone: 1:09.54 2015****N LANG, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 2 Timed Finals					
2	25731	David-Gordon Challis		Penrith	
3	24930	Spencer Schofield		Cranebrook	
4	24713	Jarryd Morris		Colyton St Clair	
5	25010	Timothy Hammond		Emu Plains	
6	25264	Blake Callaghan		Emu Plains	
7	25082	Tom Billaut		Emu Plains	
Section 2 of 2 Timed Finals					
1	25599	Jordan Jara		Nepean	
2	25819	Joel Romelo		Penrith	
3	25960	Dominic Kassouf		Werrington	
4	16485	Conan Waugh		Penrith	
5	27006	Isaac Crowe		Werrington	
6	25519	Logan McFawn		Nepean	
7	25879	Henry McDowell		Werrington	
8	25525	Luke Down		Nepean	

Event 55 Girls 10 Year Olds 400 Meter Sprint (13)**Saturday 30/11/2019 - 1:37 PM****Zone: 1:09.45 1986****S HARRISON, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 2 Timed Finals					
2	25804	Lara Falzon		Penrith	
3	24945	Ella Affleck		Cranebrook	
4	25872	Hannah Loxley		Werrington	
5	25893	Julieann Cullan		Werrington	
6	24692	Siena Vecchio		Colyton St Clair	
7	24793	Angela Lees		Colyton St Clair	
Section 2 of 2 Timed Finals					
2	25628	Ruby Montgomery		Nepean	
3	25478	Maddison Smith		Jamison	
4	25654	Aaliyah Vehikite		Nepean	
5	24862	Kierra Colburn		Cranebrook	
6	25114	Addison Roden		Emu Plains	
7	24753	Charli Deagan		Colyton St Clair	
8	25430	Taylor Butler		Jamison	

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Event 56 Boys 10 Year Olds 400 Meter Sprint (13)**Saturday 30/11/2019 - 1:43 PM****Zone: 1:07.95 1996 J MILBURN, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 2 Timed Finals					
2	25567	Evan Francis		Nepean	
3	25189	Sebastian Cech		Emu Plains	
4	25818	Malakhi Sutherland-Naylor		Penrith	
5	25291	Ellis Haydon		Emu Plains	
6	25910	Owen Levy		Werrington	
7	24864	Jarryd Edmunds		Cranebrook	
Section 2 of 2 Timed Finals					
2	25238	Findlay Toohey		Emu Plains	
3	25181	Mafia Saito		Emu Plains	
4	24689	Lachlan Gillard		Colyton St Clair	
5	25940	Raemon-Jr Gatehau		Werrington	
6	25756	Tyler Horne		Penrith	
7	25590	Caleb Eldridge		Nepean	
8	25126	William Jones		Emu Plains	

Event 57 Girls 11 Year Olds 400 Meter Sprint (4)**Saturday 30/11/2019 - 1:49 PM****Zone: 1:07.95 1990 R MOSSMAN, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
2	25482	Chantai Ward		Jamison	
3	25793	Payten Hines		Penrith	
4	25601	Emily Pedersen		Nepean	
5	25040	Jessica Crambrook		Emu Plains	

Event 58 Boys 11 Year Olds 400 Meter Sprint (11)**Saturday 30/11/2019 - 1:51 PM****Zone: 1:05.05 1997 J MILBURN, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 2 Timed Finals					
2	25085	Hamish Aussel		Emu Plains	
3	25535	Lucas Aquilina		Nepean	
4	25081	Sevan Billaut		Emu Plains	
5	25657	Samuel Abboud		Nepean	
6	25071	Eamon Toland		Emu Plains	
Section 2 of 2 Timed Finals					
2	25300	Kael Brown		Emu Plains	
3	24950	Ryan Debritt		Cranebrook	
4	25337	Tayte Walker		Emu Plains	
5	26001	Kamso Igbojiaku		Werrington	
6	27587	Epeosi Ugbonmhe		Werrington	
7	24873	Jackson Fayers		Cranebrook	

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Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 2 Timed Finals

2	44067	Kaydenze Phillips		Nepean	
3	44164	Brianna Atkins		Werrington	
4	43917	Mabel Dukes		Emu Plains	
5	44110	Krystal Burrows		Penrith	
6	44099	Kiara Pagnamenta		Penrith	

Section 2 of 2 Timed Finals

2	43903	Ainsley Giampietro		Emu Plains	
3	44163	Abby Macallister		Werrington	
4	44161	Lilli Kandel		Werrington	
5	43851	Sophia Lees		Colyton St Clair	
6	44106	Michayla Espie		Penrith	
7	43920	Virginia Cole		Emu Plains	

Event 60 Boys 12 Year Olds 400 Meter Sprint (6)**Saturday 30/11/2019 - 2:03 PM****Zone: 1:02.75 1996****L ROONEY, PENRITH VALLEY**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

2	44013	Adam McDonald		Jamison	
3	44127	Luke Alderson		Penrith	
4	44082	Xavier Perry		Nepean	
5	44083	Tyler Peken		Penrith	
6	43935	Ethan Mackie		Emu Plains	
7	44051	Hussain Akram		Nepean	

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Event 229 Girls 11 Year Olds Shot Put (2.0 Kg) (9)**Saturday 30/11/2019 - 8:00 AM****Zone: 11.36m 1996 K DONOVAN, COLYTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25565	Bronte Eivers		Nepean	
2	25270	Ava Maurer		Emu Plains	
3	25098	Calista Love		Emu Plains	
4	24871	Jemma Camilleri		Cranebrook	
5	24701	Zhaliya Tanielu-Park		Colyton St Clair	
6	27846	Ella Williams		Werrington	
7	25883	Isabell Burrows		Werrington	
8	25180	Kalolaine Saito		Emu Plains	
9	28612	Lesieli Mokofisi		Nepean	

Event 230 Boys 11 Year Olds Shot Put (2.0 Kg) (8)**Saturday 30/11/2019 - 8:00 AM****Zone: 13.05m 2012 EJ BROWN-VAELUA, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25123	Archie King		Emu Plains	
2	25576	Chevy McPherson-Bordignon		Nepean	
3	28922	Sebastian Galea		Cranebrook	
4	24873	Jackson Fayers		Cranebrook	
5	25888	Zachary Levy		Werrington	
6	25055	William Bradford		Emu Plains	
7	27842	Lopeti Tualau		Werrington	
8	28923	Conner Pryke		Cranebrook	

Event 179 Girls 12 Year Olds Long Jump (12)**Saturday 30/11/2019 - 8:00 AM****Zone: 4.78m 1991 R MOSSMAN, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44099	Kiara Pagnamenta		Penrith	
2	43975	Emily Boyes		Emu Plains	
3	43826	Adriana Borg		Colyton St Clair	
4	44067	Kaydenze Phillips		Nepean	
5	44050	Chelsea Sciberras		Nepean	
6	44087	Brooklyn Gilchrist		Penrith	
7	43938	Mariah Chrisostomos		Emu Plains	
8	43903	Ainsley Giampietro		Emu Plains	
9	43855	Jessica Dhaliwal		Colyton St Clair	
10	43910	Rachel Turner		Emu Plains	
11	44161	Lilli Kandel		Werrington	
12	43841	Kristin Codjoe		Colyton St Clair	

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Event 180 Boys 12 Year Olds Long Jump (11)**Saturday 30/11/2019 - 8:00 AM****Zone: 5.39m 2012 S MUNAWEERA, JAMISON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43840	Jaxson Armson		Colyton St Clair	
2	43819	Dominic Vecchio		Colyton St Clair	
3	43822	Ryan Johannsen		Colyton St Clair	
4	44082	Xavier Perry		Nepean	
5	44083	Tyler Peken		Penrith	
6	44149	Liam Buhagiar		Werrington	
7	43818	Jack Gillard		Colyton St Clair	
8	44049	Andrew Kaufonona		Nepean	
9	44030	Connor Oshannessy		Jamison	
10	43935	Ethan Mackie		Emu Plains	
11	43878	Jack Affleck		Cranebrook	

Event 219 Girls 17 Year Olds Discus Throw (1.0 Kg) (5)**Saturday 30/11/2019 - 8:00 AM****Zone: 43.07m 2012 T SENGAL, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44081	Shahni Edwards		Nepean	
2	43946	Amelia Stone		Emu Plains	
3	44113	Tara Langford		Penrith	
4	43981	Alissa Keene		Emu Plains	
5	44047	Holly Lampard		Nepean	

Event 220 Boys 17 Year Olds Discus Throw (1.5 Kg) (7)**Saturday 30/11/2019 - 8:00 AM****Zone: 44.57m 2014 J BAKER, WERRINGTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43842	Laud Codjoe		Colyton St Clair	
2	43948	Hugh Harrold		Emu Plains	
3	44066	Mark Westcott		Nepean	
4	43838	Lucas Rose		Colyton St Clair	
5	44108	Corey Doyle		Penrith	
6	43947	Lachlan Stone		Emu Plains	
7	44089	Logan Dwyer		Penrith	

Event 163 Girls 14 Year Olds High Jump (S/H 1.20m) (5)**Saturday 30/11/2019 - 8:00 AM****Zone: 1.57m 2000 A KELLY, PENRITH VALLEY**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43845	Abby Hile		Colyton St Clair	
2	43834	Piper Threlfall		Colyton St Clair	
3	44136	Amber Justice		Penrith	
4	43853	Lindsay Smeeckens		Colyton St Clair	
5	44175	Kiayla Casserly		Werrington	

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Event 164 Boys 14 Year Olds High Jump (S/H 1.25m) (7)**Saturday 30/11/2019 - 8:00 AM****Zone: 1.75m 1996****D PEDERSON, COLYTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44153	Lachlan Antecki		Werrington	
2	43990	Evander Kelly		Emu Plains	
3	43989	Jacob Kelly		Emu Plains	
4	44026	Dylan Jones		Jamison	
5	43928	Joel Gomes		Emu Plains	
6	44062	Evan O'Mullane-Slade		Nepean	
7	43852	Lincoln Hole		Colyton St Clair	

Event 246 Boys 13 Year Olds Javelin Throw (600 Gram) (7)**Saturday 30/11/2019 - 8:00 AM****Zone: 39.14m 1997****D BOORMAKIN, PENRITH**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43813	Evan Garbutt		Colyton St Clair	
2	43944	Riley Coburn		Emu Plains	
3	45277	Petelo Tualau		Werrington	
4	43996	Lachlan Green		Emu Plains	
5	44166	Mitchell Crocker		Werrington	
6	43831	Josh Carter (awd T-57)		Colyton St Clair	
7	44188	Cooper Levy		Werrington	

Event 226 Boys 9 Year Olds Shot Put (2.0 Kg) (8)**Saturday 30/11/2019 - 9:30 AM****Zone: 9.36m 1990****S BURDETT, COLYTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25751	Isaac Lemon		Penrith	
2	25999	Jett Levy		Werrington	
3	25091	Oliver Mackie		Emu Plains	
4	24930	Spencer Schofield		Cranebrook	
5	24969	Jared Husar		Cranebrook	
6	24684	Hague Trudinger Asare		Colyton St Clair	
7	24713	Jarryd Morris		Colyton St Clair	
8	25874	Jackson Spano		Werrington	

Event 225 Girls 9 Year Olds Shot Put (2.0 Kg) (4)**Saturday 30/11/2019 - 9:30 AM****Zone: 7.67m 2003****K CHAPPLE, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25688	Nikyah Jones-Dunn		Penrith	
2	26021	Isabella Roelofs		Werrington	
3	25100	Anna Coburn		Emu Plains	
4	24702	Aimee Johannsen		Colyton St Clair	

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Event 198 Boys 15 Year Olds Triple Jump (8)**Saturday 30/11/2019 - 9:30 AM****Zone: 12.89m 1997****D PERDERSON, COLYTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44112	Nathan O'Reilly		Penrith	
2	44183	Adrian Hadfield		Werrington	
3	44174	Khain Letford		Werrington	
4	43943	Liam Coburn		Emu Plains	
5	44173	Ryan Letford		Werrington	
6	43993	Finn Newell		Emu Plains	
7	43885	Joshua Debritt		Cranebrook	
8	43967	Finlay Hahn		Emu Plains	

Event 197 Girls 15 Year Olds Triple Jump (7)**Saturday 30/11/2019 - 9:30 AM****Zone: 11.47m 2012****T GARRETT, PENRITH VALLEY**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43836	Rhianni Deagan		Colyton St Clair	
2	44114	Alicia Langford		Penrith	
3	45275	Denise Tualau		Werrington	
4	43874	Taylor Brown		Cranebrook	
5	45276	Emma Tualau		Werrington	
6	44115	Olivia Cromie		Penrith	
7	44170	Katelyn Kos		Werrington	

Event 212 Boys 12 Year Olds Discus Throw (750 Gram) (2)**Saturday 30/11/2019 - 9:30 AM****Zone: 48.85m 2014****L ROSE, COLYTON ST CLAIR**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44149	Liam Buhagiar		Werrington	
2	44126	Cenk Elve		Penrith	

Event 211 Girls 12 Year Olds Discus Throw (750 Gram) (11)**Saturday 30/11/2019 - 9:30 AM****Zone: 35.68m 1996****K DONOVAN, COLYTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43960	Hannah Sproule		Emu Plains	
2	44046	Zoe Mark		Nepean	
3	44106	Michayla Espie		Penrith	
4	43843	Ashleigh South		Colyton St Clair	
5	44050	Chelsea Sciberras		Nepean	
6	44095	Aaliyah Bavadra		Penrith	
7	43958	Abbi Grennell		Emu Plains	
8	43855	Jessica Dhaliwal		Colyton St Clair	
9	44099	Kiara Pagnamenta		Penrith	
10	44160	Mia Thomson		Werrington	
11	44191	Tamika Richardson		Werrington	

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Event 167 Girls 17 Year Olds High Jump (S/H 1.25m) (5)**Saturday 30/11/2019 - 9:30 AM****Zone: 1.56m 2017 Jaz Byrnes, Emu Plains**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44159	Elissa Lee		Werrington	
2	44080	Sky O'Hare		Nepean	
3	44068	Hunter Rebec		Nepean	
4	44111	Alyssa Youngman		Penrith	
5	44097	Abbey Watson		Penrith	

Event 168 Boys 17 Year Olds High Jump (S/H 1.30m) (4)**Saturday 30/11/2019 - 9:30 AM****Zone: 1.78m 2009 J CRAIG, WERRINGTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44980	Daniel Kelly		Emu Plains	
2	44063	Dylan O'Mullane-Slade		Nepean	
3	44024	Adrian Jones		Jamison	
4	44120	Trent Whitbread		Penrith	

Event 242 Boys 11 Year Olds Javelin Throw (400 Gram) (7)**Saturday 30/11/2019 - 9:30 AM****Zone: 24.14m 2017 Lachlan Green, Nepean**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	28922	Sebastian Galea		Cranebrook	
2	24669	Thomas Cody		Colyton St Clair	
3	24714	Ricky Morris		Colyton St Clair	
4	27842	Lopeti Tualau		Werrington	
5	24704	Lachlan Thomas		Colyton St Clair	
6	25839	Hunter Mckillop-Davies		Werrington	
7	25888	Zachary Levy		Werrington	

Event 237 Girls 15 Year Olds Shot Put (3.0 Kg) (4)**Saturday 30/11/2019 - 11:00 AM****Zone: 13.02m 2016 A PEARSON, JAMISON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	45275	Denise Tualau		Werrington	
2	43814	Elyzah Allan		Colyton St Clair	
3	45276	Emma Tualau		Werrington	
4	44144	Ariana Levy		Werrington	

Event 238 Boys 15 Year Olds Shot Put (4.0 Kg) (4)**Saturday 30/11/2019 - 11:00 AM****Zone: 16.18m 1990 C COONEY, PENRITH VALLEY**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43913	William Ives		Emu Plains	
2	44105	Aiden Espie		Penrith	
3	44112	Nathan O'Reilly		Penrith	
4	44086	Cruz Pagnamenta		Penrith	

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Event 188 Boys 17 Year Olds Long Jump (9)**Saturday 30/11/2019 - 11:00 AM****Zone: 6.67m 2012****T CURRIE, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43930	Toby Hamblin		Emu Plains	
2	44120	Trent Whitbread		Penrith	
3	44107	Justin O'Reilly		Penrith	
4	43842	Laud Codjoe		Colyton St Clair	
5	44108	Corey Doyle		Penrith	
6	44135	Jackson Justice		Penrith	
7	44063	Dylan O'Mullane-Slade		Nepean	
8	44024	Adrian Jones		Jamison	
9	44190	Moses Ezekiel		Werrington	

Event 175 Girls 10 Year Olds Long Jump (13)**Saturday 30/11/2019 - 11:00 AM****Zone: 4.24m 1985****B PIENING, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	24862	Kierra Colburn		Cranebrook	
2	25114	Addison Roden		Emu Plains	
3	25672	Iyla Jowaheer		Nepean	
4	25435	Ruby McPhillips		Jamison	
5	25872	Hannah Loxley		Werrington	
6	25591	Hannah Eldridge		Nepean	
7	24868	Charlotte McNeil		Cranebrook	
8	25787	Ava Gregory		Penrith	
9	25451	Ella-Grace Douglas		Jamison	
10	25841	Madilyn Lewtschenko		Werrington	
11	25836	Maddison Mahe		Werrington	
12	28180	Laylah Golden		Nepean	
13	25804	Lara Falzon		Penrith	

Event 203 Girls 8 Year Olds Discus Throw (500 Gram) (11)**Saturday 30/11/2019 - 11:00 AM****Zone: 18.56m 2002****J PETERS, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25477	Bailey Smith		Jamison	
2	25750	Harper Russell		Penrith	
3	25908	Chelsea Wright		Werrington	
4	25718	Kelsey Brown		Penrith	
5	25271	Kelsey Maurer		Emu Plains	
6	25765	Havana Pagnamenta		Penrith	
7	25673	Taylah Pagnamenta		Penrith	
8	27841	Marlena Tualau		Werrington	
9	25566	Dana Francis		Nepean	
10	24691	Talia Vecchio		Colyton St Clair	
11	25339	Summer Stansfield		Emu Plains	

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Event 204 Boys 8 Year Olds Discus Throw (500 Gram) (7)**Saturday 30/11/2019 - 11:00 AM****Zone: 24.02m 1992 D THOMSON, EMU PLIANS**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25749	Lachlan Bradshaw		Penrith	
2	25557	Yannick Kansakar		Nepean	
3	25015	Peter Bachtis		Emu Plains	
4	25569	Declan Downes		Nepean	
5	26020	Alexander Roelofs		Werrington	
6	25641	Lucas O'Hare		Nepean	
7	25721	Lucas McPherson		Penrith	

Event 159 Girls 12 Year Olds High Jump (S/H 1.10m) (4)**Saturday 30/11/2019 - 11:00 AM****Zone: 1.51m 1987 K MELVIN, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44191	Tamika Richardson		Werrington	
2	44087	Brooklyn Gilchrist		Penrith	
3	44163	Abby Macallister		Werrington	
4	43975	Emily Boyes		Emu Plains	

Event 160 Boys 12 Year Olds High Jump (S/H 1.15m) (11)**Saturday 30/11/2019 - 11:00 AM****Zone: 1.52m 1994 D GREGORY, PENRITH VALLEY**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43840	Jaxson Armson		Colyton St Clair	
2	44127	Luke Alderson		Penrith	
3	43827	Dante Masi		Colyton St Clair	
4	44070	Jordan Primmer		Nepean	
5	44184	Ethan Hadfield		Werrington	
6	43819	Dominic Vecchio		Colyton St Clair	
7	44084	Ashton Dawes		Penrith	
8	44051	Hussain Akram		Nepean	
9	43878	Jack Affleck		Cranebrook	
10	43822	Ryan Johannsen		Colyton St Clair	
11	44053	Cody Francis		Nepean	

Event 245 Girls 13 Year Olds Javelin Throw (400 Gram) (4)**Saturday 30/11/2019 - 11:00 AM****Zone: 31.98m 2003 N FORTH, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43965	Tiana Heke		Emu Plains	
2	44044	Gemma Elliott-Swann		Nepean	
3	44092	Alyssa Ballard		Penrith	
4	44182	Tara Hughes		Werrington	

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Event 222 Boys 7 Year Olds Shot Put (1.0 Kg) (11)**Saturday 30/11/2019 - 12:30 PM****Zone: 8.80m 1990 M KANDEL, WERRINGTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	26004	Zadyn Casserly		Werrington	
2	25840	Harrison Lewtschenko		Werrington	
3	25185	Piri Heke		Emu Plains	
4	25618	Tyler McSharry		Nepean	
5	25240	Matthew Davis		Emu Plains	
6	25966	Cooper Delohery		Werrington	
7	25587	Jakob Daley		Nepean	
8	25682	Manaia Thomas		Penrith	
9	25175	Owen Sproule		Emu Plains	
10	24752	Nate Deagan		Colyton St Clair	
11	25941	Tevita-Jr Gatehau		Werrington	

Event 221 Girls 7 Year Olds Shot Put (1.0 Kg) (10)**Saturday 30/11/2019 - 12:30 PM****Zone: 6.34m 1988 K MULHERON, WERRINGTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25754	Isabelle Plunkett		Penrith	
2	25536	Lisia Kaufonona		Nepean	
3	25032	Emmerson Andrews		Emu Plains	
4	25585	Harveen Sarai		Nepean	
5	25518	Stella McDiamid-Great		Nepean	
6	25632	Aaliya Vhandari		Nepean	
7	24748	Giselle Stopins		Colyton St Clair	
8	25115	Indi Roden		Emu Plains	
9	26012	Natalie McGilvray		Werrington	
10	25714	Gracie-Mae Romelo		Penrith	

Event 187 Girls 17 Year Olds Long Jump (3)**Saturday 30/11/2019 - 12:30 PM****Zone: 5.52m 2015 A BAXTER, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44159	Elissa Lee		Werrington	
2	44068	Hunter Rebec		Nepean	
3	44080	Sky O'Hare		Nepean	

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Event 176 Boys 10 Year Olds Long Jump (14)**Saturday 30/11/2019 - 12:30 PM****Zone: 4.60m 2012****P BAKER, WERRINGTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25567	Evan Francis		Nepean	
2	25706	Dustin Constable		Penrith	
3	25548	Ismail Akram		Nepean	
4	16484	Caiden Waugh		Penrith	
5	25940	Raemon-Jr Gatehau		Werrington	
6	25189	Sebastian Cech		Emu Plains	
7	25740	Jordan Kliendienst		Penrith	
8	25088	Lachlan Woods		Emu Plains	
9	28177	Callam Firman		Nepean	
10	25910	Owen Levy		Werrington	
11	25537	Ryan Sciberras		Nepean	
12	25747	Brayden Kelly		Penrith	
13	24689	Lachlan Gillard		Colyton St Clair	
14	25818	Malakhi Sutherland-Naylor		Penrith	

Event 153 Girls 9 Year Olds High Jump (S/H 0.80m) (7)**Saturday 30/11/2019 - 12:30 PM****Zone: 1.20m 1984****A NOLAN, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	24702	Aimee Johannsen		Colyton St Clair	
2	25100	Anna Coburn		Emu Plains	
3	24664	Georgia Watson		Colyton St Clair	
4	25864	Phoebe Morris		Werrington	
5	25097	Taylah Chrisostomos		Emu Plains	
6	24709	Sophie Thomas		Colyton St Clair	
7	25924	Grace Corner		Werrington	

Event 154 Boys 9 Year Olds High Jump (S/H 0.85m) (12)**Saturday 30/11/2019 - 12:30 PM****Zone: 1.26m 1999****J DIBBS, COLYTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25857	Alex Borg		Werrington	
2	25999	Jett Levy		Werrington	
3	16485	Conan Waugh		Penrith	
4	25879	Henry McDowell		Werrington	
5	25805	Flynn Falzon		Penrith	
6	25544	Aiden Lawn		Nepean	
7	27589	Egbosioigwe Ugbomhe		Werrington	
8	25768	Ilhan Elve		Penrith	
9	25935	Kitiseni Gabriel Alefosio		Werrington	
10	25960	Dominic Kassouf		Werrington	
11	25769	Harlum Hooke		Penrith	
12	25052	Rohan Skyes		Emu Plains	

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Event 215 Girls 14 Year Olds Discus Throw (1.0 Kg) (9)**Saturday 30/11/2019 - 12:30 PM****Zone: 38.80m 2015 A PEARSON, JAMISON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43985	Emma Matthias		Emu Plains	
2	43834	Piper Threlfall		Colyton St Clair	
3	44029	Erin Oshannessy		Jamison	
4	43890	Stephanie Galea		Cranebrook	
5	44109	Chloe Burrows		Penrith	
6	44033	Kirra Richardson		Jamison	
7	44175	Kiayla Casserly		Werrington	
8	44065	Leah Westcott		Nepean	
9	43823	Jessica Majnaric		Colyton St Clair	

Event 216 Boys 14 Year Olds Discus Throw (1.0 Kg) (3)**Saturday 30/11/2019 - 12:30 PM****Zone: 53.47m 2016 L ROSE, COLYTON ST CLAIR**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	45666	Amosia Soatini		Nepean	
2	44026	Dylan Jones		Jamison	
3	43869	Toby Camilleri		Cranebrook	

Event 241 Girls 11 Year Olds Javelin Throw (400 Gram) (7)**Saturday 30/11/2019 - 12:30 PM****Zone: 21.50m 2017 Emma Matthias, Emu Plains**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25923	Madison Corner		Werrington	
2	26009	Kaitlin Reed		Werrington	
3	24871	Jemma Camilleri		Cranebrook	
4	24876	Nikitah Jones		Cranebrook	
5	25040	Jessica Crambrook		Emu Plains	
6	25098	Calista Love		Emu Plains	
7	28612	Lesieli Mokofisi		Nepean	

Event 233 Girls 13 Year Olds Shot Put (3.0 Kg) (8)**Saturday 30/11/2019 - 1:30 PM****Zone: 11.76m 2007 K CHAPPLE, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43961	Anita-Jane Saito		Emu Plains	
2	44145	Maretta Fuimaono		Werrington	
3	43864	Anthea Karavas		Cranebrook	
4	43994	Nekea Talaia		Emu Plains	
5	44058	Abbey Bektas		Nepean	
6	43965	Tiana Heke		Emu Plains	
7	44100	Jade Robinson		Penrith	
8	44057	Therese Armstrong		Nepean	

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Event 234 Boys 13 Year Olds Shot Put (3.0 Kg) (10)**Saturday 30/11/2019 - 1:30 PM****Zone: 15.41m 2013 EJ BROWN-VAELUA, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44166	Mitchell Crocker		Werrington	
2	43813	Evan Garbutt		Colyton St Clair	
3	44147	Giorgio Avgerinos		Werrington	
4	44188	Cooper Levy		Werrington	
5	44102	Lochlain Smith		Penrith	
6	43904	Jack Giampietro		Emu Plains	
7	43831	Josh Carter (awd T-57)		Colyton St Clair	
8	45277	Petelo Tualau		Werrington	
9	44162	Lowndes Motler		Werrington	
10	43996	Lachlan Green		Emu Plains	

Event 207 Girls 10 Year Olds Discus Throw (500 Gram) (11)**Saturday 30/11/2019 - 1:30 PM****Zone: 30.38m 1991 P McGUFFOG, COLYTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	24700	Alexis South		Colyton St Clair	
2	25787	Ava Gregory		Penrith	
3	24753	Charli Deagan		Colyton St Clair	
4	24947	Madison Rose		Cranebrook	
5	25591	Hannah Eldridge		Nepean	
6	25637	Indyana Campbell		Nepean	
7	25841	Madilyn Lewtschenko		Werrington	
8	25434	Sienna Karele		Jamison	
9	28180	Laylah Golden		Nepean	
10	24868	Charlotte McNeil		Cranebrook	
11	25588	Katelyn Daley		Nepean	

Event 208 Boys 10 Year Olds Discus Throw (500 Gram) (11)**Saturday 30/11/2019 - 1:30 PM****Zone: 38.19m 2012 L ROSE, COLYTON ST CLAIR**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25706	Dustin Constable		Penrith	
2	24662	Brody Watson		Colyton St Clair	
3	25548	Ismail Akram		Nepean	
4	25740	Jordan Kliendienst		Penrith	
5	24863	Benji Ebejer		Cranebrook	
6	25181	Mafia Saito		Emu Plains	
7	27598	Isaia Fuimaono		Werrington	
8	26018	Zachary Herrero		Werrington	
9	25687	Xzavier Jones-Dunn		Penrith	
10	28613	Sunia Ula		Nepean	
11	25868	Ethan Hughes		Werrington	

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Event 250 Boys 15 Year Olds Javelin Throw (700 Gram) (6)**Saturday 30/11/2019 - 2:00 PM****Zone: 41.17m 2014 A KEENE, EMU PLAINS**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43967	Finlay Hahn		Emu Plains	
2	44105	Aiden Espie		Penrith	
3	44112	Nathan O'Reilly		Penrith	
4	43993	Finn Newell		Emu Plains	
5	44171	Isaac Sharp		Werrington	
6	43943	Liam Coburn		Emu Plains	

Event 184 Boys 14 Year Olds Long Jump (6)**Saturday 30/11/2019 - 1:30 PM****Zone: 6.88m 2013 A GALE, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43882	Brody Hull		Cranebrook	
2	43852	Lincoln Hole		Colyton St Clair	
3	43921	Jack Skyes		Emu Plains	
4	43990	Evander Kelly		Emu Plains	
5	45666	Amosia Soatini		Nepean	
6	43928	Joel Gomes		Emu Plains	

Event 183 Girls 14 Year Olds Long Jump (10)**Saturday 30/11/2019 - 1:30 PM****Zone: 5.34m 2009 C HEEPS, JAMISON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43823	Jessica Majnaric		Colyton St Clair	
2	44136	Amber Justice		Penrith	
3	44165	Karisa Atkins		Werrington	
4	43845	Abby Hile		Colyton St Clair	
5	43985	Emma Matthias		Emu Plains	
6	43890	Stephanie Galea		Cranebrook	
7	44033	Kirra Richardson		Jamison	
8	43834	Piper Threlfall		Colyton St Clair	
9	43976	Sophie Boyes		Emu Plains	
10	43853	Lindsay Smeekens		Colyton St Clair	

Event 189 Girls 11 Year Olds Triple Jump (8)**Saturday 30/11/2019 - 2:30 PM****Zone: 9.54m 1990 R MOSSMAN, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25073	Maddison Daley		Emu Plains	
2	25674	Charlotte Bradshaw		Penrith	
3	25270	Ava Maurer		Emu Plains	
4	25883	Isabell Burrows		Werrington	
5	26009	Kaitlin Reed		Werrington	
6	25039	Addisyn Ives		Emu Plains	
7	25463	Alicia Mason		Jamison	
8	25235	Tahlia iljeski		Emu Plains	

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Event 190 Boys 11 Year Olds Triple Jump (6)**Saturday 30/11/2019 - 2:30 PM****Zone: 9.89m 1991 J CONN, PENRITH**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	24950	Ryan Debritt		Cranebrook	
2	25300	Kael Brown		Emu Plains	
3	25576	Chevy McPherson-Bordignon		Nepean	
4	24714	Ricky Morris		Colyton St Clair	
5	25839	Hunter Mckillop-Davies		Werrington	
6	25766	Riley Jarvis		Penrith	

Event 194 Boys 13 Year Olds Triple Jump (7)**Saturday 30/11/2019 - 3:30 PM****Zone: 11.82m 2015 L CODJOE, COLYTON ST CLAIR**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	45277	Petelo Tualau		Werrington	
2	43889	Lachlan Pryke		Cranebrook	
3	44059	Alex Muir		Nepean	
4	43949	Jack Jones		Emu Plains	
5	43915	Kian Brown		Emu Plains	
6	43857	Cooper Giuliano		Colyton St Clair	
7	44177	Josh Reed		Werrington	

Event 193 Girls 13 Year Olds Triple Jump (7)**Saturday 30/11/2019 - 3:30 PM****Zone: 10.56m 2010 M RUSHTON, CRANE BROOK**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44073	Chloe Nancarrow		Nepean	
2	44182	Tara Hughes		Werrington	
3	44180	Taylah Burrows		Werrington	
4	43994	Nekea Talaia		Emu Plains	
5	43912	Savanah Carter		Emu Plains	
6	44075	Chloe O'Hare		Nepean	
7	44098	Chloe Watson		Penrith	

Event 249 Girls 15 Year Olds Javelin Throw (500 Gram) (4)**Saturday 30/11/2019 - 3:00 PM****Zone: 35.73m 2016 C SCHWARZ, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	45276	Emma Tualau		Werrington	
2	44144	Ariana Levy		Werrington	
3	45275	Denise Tualau		Werrington	
4	44114	Alicia Langford		Penrith	

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Event 75 Girls 11 Year Olds 80 Meter Hurdles (60cm) (15)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 8:06 AM**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	24802	Emily Cox		Colyton St Clair	
2	24870	Madison Brown		Cranebrook	
3	25793	Payten Hines		Penrith	
4	25674	Charlotte Bradshaw		Penrith	
5	25235	Tahlia ilijeski		Emu Plains	
6	25565	Bronte Eivers		Nepean	
7	25482	Chantai Ward		Jamison	
8	25883	Isabell Burrows		Werrington	
Heat 2 of 2 Prelims					
1	26011	Emily McGilvray		Werrington	
2	25984	Hayley Muir		Werrington	
3	25242	Violet Langley		Emu Plains	
4	26016	Charli Kassouf		Werrington	
5	25463	Alicia Mason		Jamison	
6	25531	Sienna Planer		Nepean	
7	24876	Nikitah Jones		Cranebrook	

Event 76 Boys 11 Year Olds 80 Meter Hurdles (60cm) (10)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 8:12 AM**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	24678	Ardit Singh Maan		Colyton St Clair	
2	25284	Ethan Nixon		Emu Plains	
3	25300	Kael Brown		Emu Plains	
4	27587	Epeosi Ugbomhe		Werrington	
5	25090	Alexander Mackie		Emu Plains	
Heat 2 of 2 Prelims					
1	24660	Noah Hams		Colyton St Clair	
2	25055	William Bradford		Emu Plains	
3	25766	Riley Jarvis		Penrith	
4	24873	Jackson Fayers		Cranebrook	
5	25584	Bryson Browne		Nepean	

Event 77 Girls 12 Year Olds 80 Meter Hurdles (68cm) (11)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 8:18 AM**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	43960	Hannah Sproule		Emu Plains	
2	44163	Abby Macallister		Werrington	
3	43879	Paige Warby		Cranebrook	
4	43975	Emily Boyes		Emu Plains	
5	44095	Aaliyah Bavadra		Penrith	
6	43851	Sophia Lees		Colyton St Clair	

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Heat 2 of 2 Prelims...(Event 77 Girls 12 Year Olds 80 Meter Hurdles (68cm) (11))

1	43910	Rachel Turner	Emu Plains
2	43841	Kristin Codjoe	Colyton St Clair
3	44164	Brianna Atkins	Werrington
4	43938	Mariah Chrisostomos	Emu Plains
5	44099	Kiara Pagnamenta	Penrith

Event 78 Boys 12 Year Olds 80 Meter Hurdles (68cm) (5)**Top 8 Advance by Time****Sunday 1/12/2019 - 8:24 AM**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
2	43827	Dante Masi		Colyton St Clair	
3	44184	Ethan Hadfield		Werrington	
4	44084	Ashton Dawes		Penrith	
5	44053	Cody Francis		Nepean	
6	44126	Cenk Elve		Penrith	

Event 79 Girls 13 Year Olds 80 Meter Hurdles (76cm) (8)**8 Advance: Top 8 Each Heat plus Next 0 Best Times****Sunday 1/12/2019 - 8:27 AM****Zone: 13.32 2015 S POLINSKY, WERRINGTON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
1	44075	Chloe O'Hare		Nepean	
2	43912	Savanah Carter		Emu Plains	
3	44098	Chloe Watson		Penrith	
4	43911	Chardonnay Andrews		Emu Plains	
5	44044	Gemma Elliott-Swann		Nepean	
6	44178	Famke Cullan		Werrington	
7	43922	Tyler-Eve Mair		Emu Plains	
8	44015	Brooke Butler		Jamison	

Event 80 Boys 13 Year Olds 80 Meter Hurdles (76cm) (5)**8 Advance: Top 8 Each Heat plus Next 0 Best Times****Sunday 1/12/2019 - 8:33 AM****Zone: 13.25 2004 W DRURY, WERRINGTON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
1	44094	Malakai Bavadra		Penrith	
2	44166	Mitchell Crocker		Werrington	
3	43986	Jackson Clarke		Emu Plains	
4	44188	Cooper Levy		Werrington	
5	43939	Ryan Love		Emu Plains	

Event 81 Girls 14 Year Olds 80 Meter Hurdles (76cm) (3)**Top 8 Advance by Time****Sunday 1/12/2019 - 8:36 AM****Zone: 12.84 2016 C MEYERS, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
1	44165	Karisa Atkins		Werrington	
2	43847	Kailey Speeding		Colyton St Clair	
3	43916	Amelia Forti		Emu Plains	

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Event 82 Boys 14 Year Olds 90 Meter Hurdles (76cm) (6)**Top 8 Advance by Time****Sunday 1/12/2019 - 8:39 AM****Zone: 13.15 1997 A SCHEFE, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
1	43921	Jack Skyes		Emu Plains	
2	43882	Brody Hull		Cranebrook	
3	43972	Lucas Grbin		Emu Plains	
4	43989	Jacob Kelly		Emu Plains	
5	44028	Christian Ansell		Jamison	
6	43919	Flynn Sanders		Emu Plains	

Event 83 Girls 15 Year Olds 90 Meter Hurdles (76cm) (7)**Top 8 Advance by Time****Sunday 1/12/2019 - 8:42 AM****Zone: 13.55 2017 Claire Meyers, Emu Plains**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
1	44045	Hayley Kovacs		Nepean	
2	44144	Ariana Levy		Werrington	
3	44132	Leah Joseph		Penrith	
4	44170	Katelyn Kos		Werrington	
5	43983	Zara Meyers		Emu Plains	
6	43836	Rhianni Deagan		Colyton St Clair	
7	43874	Taylor Brown		Cranebrook	

Event 84 Boys 15 Year Olds 100 Meter Hurdles (76cm) (2)**Top 8 Advance by Time****Sunday 1/12/2019 - 8:45 AM****Zone: 14.25 2006 W DRURY, WERRINGTON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
2	44174	Khain Letford		Werrington	
3	43883	Hayden Husar		Cranebrook	

Event 85 Girls 17 Year Olds 100 Meter Hurdles (76cm) (2)**Top 8 Advance by Time****Sunday 1/12/2019 - 8:48 AM****Zone: 15.77 2014 A BAXTER, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
1	44068	Hunter Rebec		Nepean	
2	44159	Elissa Lee		Werrington	

Event 86 Boys 17 Year Olds 110 Meter Hurdles (76cm) (3)**Top 8 Advance by Time****Sunday 1/12/2019 - 8:51 AM****Zone: 16.31 2015 Z. CAMENZULI, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
1	44190	Moses Ezekiel		Werrington	
2	43842	Laud Codjoe		Colyton St Clair	
3	43930	Toby Hamblin		Emu Plains	

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Event 144 Boys 12 Year Olds 1500 Meter Race Walk (2)

Sunday 1/12/2019 - 9:00 AM

Zone: 7:03.70 2000 L FITZGERALD, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44056	Matthew Armstrong		Nepean	
2	43840	Jaxson Armson		Colyton St Clair	

Event 143 Girls 12 Year Olds 1500 Meter Race Walk (2)

Sunday 1/12/2019 - 9:00 AM

Zone: 7:05.30 1996 L McILVENIE, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	43843	Ashleigh South		Colyton St Clair	
2	44095	Aaliyah Bavadra		Penrith	

Event 145 Girls 13 Year Olds 1500 Meter Race Walk (3)

Sunday 1/12/2019 - 9:00 AM

Zone: 6:55.80 2006 S JENNINGS, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44058	Abbey Bektas		Nepean	
2	44057	Therese Armstrong		Nepean	
3	44060	Jessey Bektas		Nepean	

Event 146 Boys 13 Year Olds 1500 Meter Race Walk (3)

Sunday 1/12/2019 - 9:00 AM

Zone: 7:11.10 2001 L FITZGERALD, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	43889	Lachlan Pryke		Cranebrook	
2	44048	Hayden Aquilina		Nepean	
3	44059	Alex Muir		Nepean	

Event 147 Girls 14 Year Olds 1500 Meter Race Walk (4)

Sunday 1/12/2019 - 9:00 AM

Zone: 6:43.20 1996 R McASKILL, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	43916	Amelia Forti		Emu Plains	
2	43985	Emma Matthias		Emu Plains	
3	44109	Chloe Burrows		Penrith	
4	44065	Leah Westcott		Nepean	

Event 149 Girls 15 Year Olds 1500 Meter Race Walk (1)

Sunday 1/12/2019 - 9:15 AM

Zone: 6:37.40 1991 C WEBB, PENRITH

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	43836	Rhianni Deagan		Colyton St Clair	
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Event 151 Girls 17 Year Olds 1500 Meter Race Walk (1)

Sunday 1/12/2019 - 9:15 AM

Zone: 7:56.90 2013 B BEASLEY, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	46064	Jada Thomson		Colyton St Clair	
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Event 152 Boys 17 Year Olds 1500 Meter Race Walk (1)

Sunday 1/12/2019 - 9:15 AM

Zone: 6:33.35 2016 K BEDFORD, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44066	Mark Westcott		Nepean	
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Event 150 Boys 15 Year Olds 1500 Meter Race Walk (2)

Sunday 1/12/2019 - 9:15 AM

Zone: 6:35.20 1991 G WROBIEJ, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44150	Brock Reed		Werrington	
2	44043	Thomas Muir		Nepean	

Event 141 Girls 11 Year Olds 1100 Meter Race Walk (2)

Sunday 1/12/2019 - 9:30 AM

Zone: 5:43.40 2000 S MILLER, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	26009	Kaitlin Reed		Werrington	
2	25013	Tia Bachtis		Emu Plains	

Event 142 Boys 11 Year Olds 1100 Meter Race Walk (3)

Sunday 1/12/2019 - 9:30 AM

Zone: 5:08.80 1999 L FITZGERALD, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25664	Jason Bailey		Nepean	
2	28923	Conner Pryke		Cranebrook	
3	24714	Ricky Morris		Colyton St Clair	

Event 139 Girls 10 Year Olds 1100 Meter Race Walk (4)

Sunday 1/12/2019 - 9:30 AM

Zone: 5:36.00 2003 S JENNINGS, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25672	Iyla Jowaheer		Nepean	
2	25637	Indyana Campbell		Nepean	
3	24753	Charli Deagan		Colyton St Clair	
4	25258	Lily Moore		Emu Plains	

Event 140 Boys 10 Year Olds 1100 Meter Race Walk (2)

Sunday 1/12/2019 - 9:30 AM

Zone: 5:22.40 1997 L FITZGERALD, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25590	Caleb Eldridge		Nepean	
2	25238	Findlay Toohey		Emu Plains	

Event 137 Girls 9 Year Olds 700 Meter Race Walk (1)

Sunday 1/12/2019 - 9:45 AM

Zone: 3:29.20 2000 J MILLER, NEPEAN

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	24664	Georgia Watson		Colyton St Clair	
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Event 98 Boys 8 Year Olds 700 Meter Run Pack Start (6)

Sunday 1/12/2019 - 9:45 AM

Zone: 2:24.00 2012 M.FORD, EMU PLAINS

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25736	Lucas Stofmeel		Penrith	
2	25239	Charlie Davis		Emu Plains	
3	25054	Coen Houben		Emu Plains	
4	25514	Preston Swann		Nepean	
5	28557	Lincoln Moore		Emu Plains	
6	25015	Peter Bachtis		Emu Plains	

Event 97 Girls 8 Year Olds 700 Meter Run Pack Start (6)

Sunday 1/12/2019 - 9:45 AM

Zone: 2:33.80 1996 A.MATAFONOV, PENRITH VALLEY

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25750	Harper Russell		Penrith	
2	25865	Charlotte Morris		Werrington	
3	25474	Milly Burnet		Jamison	
4	25419	Amelia Beazley		Jamison	
5	25566	Dana Francis		Nepean	
6	25108	Madison Easterbrook		Emu Plains	

Event 9 Girls 10 Year Olds 70 Meter Sprint (9)

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

Sunday 1/12/2019 - 10:30 AM

Zone: 10.65 1997 H MAHER, COLYTON

Lane	Comp#	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

1	25478	Maddison Smith		Jamison	
2	25841	Madilyn Lewtschenko		Werrington	
3	24700	Alexis South		Colyton St Clair	
4	25139	Lilly Brown		Emu Plains	

Heat 2 of 2 Prelims

3	24865	Ally-May Jones		Cranebrook	
4	25223	Torah Smythe		Emu Plains	
5	25434	Sienna Karele		Jamison	
6	24945	Ella Affleck		Cranebrook	
7	25600	Annalise Pedersen		Nepean	

Event 10 Boys 10 Year Olds 70 Meter Sprint (7)

Top 8 Advance by Time

Sunday 1/12/2019 - 10:36 AM

Zone: 10.15 1997 J ATKINS, CRANE BROOK

Lane	Comp#	Name	Age	Team	Seed Time
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Heat 1 of 1 Prelims

1	28177	Callam Firman		Nepean	
2	25537	Ryan Sciberras		Nepean	
3	26018	Zachary Herrero		Werrington	
4	25687	Xzavier Jones-Dunn		Penrith	
5	25706	Dustin Constable		Penrith	
6	25152	Caelan Green		Emu Plains	
7	25184	Jaxson Willmington		Emu Plains	

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Event 7 Girls 9 Year Olds 70 Meter Sprint (11)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 10:39 AM****Zone: 10.65 2004 T FORNO, COLYTON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	25959	Ella Long		Werrington	
2	25426	Tayla Karele		Jamison	
3	25236	Ava iljeski		Emu Plains	
4	24677	Amelia Salih		Colyton St Clair	
5	25100	Anna Coburn		Emu Plains	
6	25014	Effy Bachtis		Emu Plains	
Heat 2 of 2 Prelims					
1	25177	Skyla Richardson		Emu Plains	
2	28921	Mia-Rose Jones		Cranebrook	
3	25688	Nikyah Jones-Dunn		Penrith	
4	25614	Skye Kenny		Nepean	
5	25757	Isabella Horne		Penrith	

Event 8 Boys 9 Year Olds 70 Meter Sprint (17)**Top 8 Advance by Time****Sunday 1/12/2019 - 10:41 AM****Zone: 10.35 1996 D CAHALANE, CRANE BROOK**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
3	25935	Kitiseni Gabriel Alefosio		Werrington	
4	25733	Oscar Gilchrist		Penrith	
5	25047	Tanner Clarke		Emu Plains	
6	25010	Timothy Hammond		Emu Plains	
7	25119	Denzel Odhiambo		Emu Plains	
Heat 2 of 3 Prelims					
2	25264	Blake Callaghan		Emu Plains	
3	25805	Flynn Falzon		Penrith	
4	25985	Lucas Muir		Werrington	
5	25960	Dominic Kassouf		Werrington	
6	25753	Bailey Plunkett		Penrith	
7	25170	Remy Cross		Emu Plains	
Heat 3 of 3 Prelims					
1	25857	Alex Borg		Werrington	
2	27589	Egbosioigwe Ugbomhe		Werrington	
3	25768	Ilhan Elve		Penrith	
4	25604	Reece Gallagher		Nepean	
5	25978	Jude Dunn		Werrington	
6	25520	Thiago Mironow		Nepean	

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Event 5 Girls 8 Year Olds 70 Meter Sprint (15)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 10:50 AM**

Zone:		11.35	1986	S WISEMAN, NEPEAN		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat 1 of 2 Prelims						
1	25421	Olivia Darwen		Jamison		
2	25673	Taylah Pagnamenta		Penrith		
3	25118	Mylee Wales		Emu Plains		
4	25474	Milly Burnet		Jamison		
5	25151	Charlotte Green		Emu Plains		
6	25477	Bailey Smith		Jamison		
7	25908	Chelsea Wright		Werrington		
8	25765	Havana Pagnamenta		Penrith		
Heat 2 of 2 Prelims						
1	25419	Amelia Beazley		Jamison		
2	25750	Harper Russell		Penrith		
3	27841	Marlena Tualau		Werrington		
4	26015	Amelia Kassouf		Werrington		
5	25048	Summer Clarke		Emu Plains		
6	24914	Frankie Jarman		Cranebrook		
7	25339	Summer Stansfield		Emu Plains		

Event 6 Boys 8 Year Olds 70 Meter Sprint (18)**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 10:56 AM**

Zone:		11.15	1986	J BAYLIS, COLYTON		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat 1 of 3 Prelims						
1	26022	Jobie Madden		Werrington		
2	25641	Lucas O'Hare		Nepean		
3	24676	Zeki Salih		Colyton St Clair		
4	28176	Haydin Firman		Nepean		
5	24685	Chigozie Ogbonna		Colyton St Clair		
6	25699	Etuete Bavadra		Penrith		
Heat 2 of 3 Prelims						
1	25715	Ethan Robinson		Penrith		
2	25557	Yannick Kansakar		Nepean		
3	28919	Jenson Pryke		Cranebrook		
4	25554	Levi Pignat		Nepean		
5	25015	Peter Bachtis		Emu Plains		
6	25971	Kahil Perez		Werrington		
Heat 3 of 3 Prelims						
1	25779	Hayden Macaulay		Penrith		
2	25794	Cooper Hines		Penrith		
3	25852	Eli Simpson		Werrington		
4	25422	Khye Hunter		Jamison		
5	25041	Casey Crambrook		Emu Plains		
6	25788	Clayton Gregory		Penrith		

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Event 3 Girls 7 Year Olds 70 Meter Sprint (16)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 11:05 AM**

Zone:		11.84	2015	A STAPLETON, JAMISON		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat	1 of 2	Prelims				
1	25452	Hannah Garrard		Jamison		
2	25714	Gracie-Mae Romelo		Penrith		
3	25255	Harper Egglestone		Emu Plains		
4	26017	Madison Herrero		Werrington		
5	25748	Cassidy Kelly		Penrith		
6	25312	Lyla Callaghan		Emu Plains		
7	25870	Briar Auvaa		Werrington		
8	25401	Chloe Campbell		Jamison		
Heat	2 of 2	Prelims				
1	25518	Stella McDiamid-Great		Nepean		
2	26012	Natalie McGilvray		Werrington		
3	24729	Matilda Watts		Colyton St Clair		
4	25115	Indi Roden		Emu Plains		
5	25536	Lisia Kaufonona		Nepean		
6	25625	Sienna Toomeman		Nepean		
7	25120	Malia Odhiambo		Emu Plains		
8	25292	Jenna Haydon		Emu Plains		

Event 4 Boys 7 Year Olds 70 Meter Sprint (21)**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 11:11 AM**

Zone:		11.45	1997	B MEDLIN, JAMISON		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat 1 of 3 Prelims						
1	25966	Cooper Delohery		Werrington		
2	25853	Leo Simpson		Werrington		
3	25240	Matthew Davis		Emu Plains		
4	25785	Koen Beale		Penrith		
5	25944	Byron Mansour		Werrington		
6	25700	Marley Bavadra		Penrith		
7	25734	Harrison Gilchrist		Penrith		
Heat 2 of 3 Prelims						
1	28608	Issac Spaccavento		Nepean		
2	25784	Riley Bradshaw		Penrith		
3	24901	Andreatta Mathayus		Cranebrook		
4	25577	Callam Bock		Nepean		
5	28179	Chayse Edwards		Nepean		
6	25840	Harrison Lewtschenko		Werrington		
7	25483	Dante Ward		Jamison		
Heat 3 of 3 Prelims						
1	25057	Alexander Simpson		Emu Plains		
2	25587	Jakob Daley		Nepean		
3	25621	Dominic Pagett-Salman		Nepean		
4	25775	Lucas Wells		Penrith		
5	25580	Zachariah Sainsbury		Nepean		
6	25053	Noah Skyes		Emu Plains		
7	25070	Daniel Marsh-Tidyman		Emu Plains		

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Event 39 Girls 11 Year Olds 200 Meter Sprint (16)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 11:30 AM****Zone: 28.55 1990 R MOSSMAN, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	24876	Nikitah Jones		Cranebrook	
2	25984	Hayley Muir		Werrington	
3	24951	Amelia Griggs		Cranebrook	
4	25601	Emily Pedersen		Nepean	
5	25717	Mia Brown		Penrith	
6	25039	Addisyn Ives		Emu Plains	
7	25674	Charlotte Bradshaw		Penrith	
8	26016	Charli Kassouf		Werrington	
Heat 2 of 2 Prelims					
1	25793	Payten Hines		Penrith	
2	26011	Emily McGilvray		Werrington	
3	24871	Jemma Camilleri		Cranebrook	
4	25242	Violet Langley		Emu Plains	
5	25482	Chantai Ward		Jamison	
6	27846	Ella Williams		Werrington	
7	25073	Maddison Daley		Emu Plains	
8	25235	Tahlia ilijeski		Emu Plains	

Event 40 Boys 11 Year Olds 200 Meter Sprint (16)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 11:34 AM****Zone: 27.55 1996 P TONER, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	25657	Samuel Abboud		Nepean	
2	25123	Archie King		Emu Plains	
3	25535	Lucas Aquilina		Nepean	
4	25584	Bryson Browne		Nepean	
5	25664	Jason Bailey		Nepean	
6	24880	Dylan Taylor-Rogers		Cranebrook	
7	24950	Ryan Debritt		Cranebrook	
8	26001	Kamso Igbojiaku		Werrington	
Heat 2 of 2 Prelims					
1	24873	Jackson Fayers		Cranebrook	
2	25085	Hamish Aussel		Emu Plains	
3	25441	Kai Cullens		Jamison	
4	25300	Kael Brown		Emu Plains	
5	25766	Riley Jarvis		Penrith	
6	25284	Ethan Nixon		Emu Plains	
7	25337	Tayte Walker		Emu Plains	
8	27587	Epeosi Ugbonmhe		Werrington	

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Event 41 Girls 12 Year Olds 200 Meter Sprint (14)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 11:38 AM****Zone: 27.75 1987 C BENNEY, PENRITH VALLEY**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
2	43910	Rachel Turner		Emu Plains	
3	43841	Kristin Codjoe		Colyton St Clair	
4	43851	Sophia Lees		Colyton St Clair	
5	43920	Virginia Cole		Emu Plains	
6	43903	Ainsley Giampietro		Emu Plains	
7	43917	Mabel Dukes		Emu Plains	
8	44110	Krystal Burrows		Penrith	
Heat 2 of 2 Prelims					
2	44191	Tamika Richardson		Werrington	
3	44087	Brooklyn Gilchrist		Penrith	
4	44099	Kiara Pagnamenta		Penrith	
5	44163	Abby Macallister		Werrington	
6	43879	Paige Warby		Cranebrook	
7	43826	Adriana Borg		Colyton St Clair	
8	43938	Mariah Chrisostomos		Emu Plains	

Event 42 Boys 12 Year Olds 200 Meter Sprint (13)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 11:42 AM****Zone: 26.45 2012 S MUNAWEERA, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
2	43819	Dominic Vecchio		Colyton St Clair	
3	44070	Jordan Primmer		Nepean	
4	44013	Adam McDonald		Jamison	
5	43878	Jack Affleck		Cranebrook	
6	44083	Tyler Peken		Penrith	
7	44189	Joseph Ezekiel		Werrington	
8	44049	Andrew Kaufonona		Nepean	
Heat 2 of 2 Prelims					
1	43827	Dante Masi		Colyton St Clair	
2	43818	Jack Gillard		Colyton St Clair	
3	44149	Liam Buhagiar		Werrington	
4	44184	Ethan Hadfield		Werrington	
5	44082	Xavier Perry		Nepean	
6	44127	Luke Alderson		Penrith	

Event 43 Girls 13 Year Olds 200 Meter Sprint (12)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 11:46 AM****Zone: 27.15 1991 R MOSSMAN, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	44092	Alyssa Ballard		Penrith	
2	44073	Chloe Nancarrow		Nepean	
3	44015	Brooke Butler		Jamison	
4	43864	Anthea Karavas		Cranebrook	
5	43994	Nekea Talaia		Emu Plains	
6	44100	Jade Robinson		Penrith	

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Heat 2 of 2 Prelims...(Event 43 Girls 13 Year Olds 200 Meter Sprint (12))

1	44182	Tara Hughes	Werrington
2	44982	Bryanna Pettinato	Emu Plains
3	44178	Famke Cullan	Werrington
4	44180	Taylah Burrows	Werrington
5	43912	Savanah Carter	Emu Plains
6	44075	Chloe O'Hare	Nepean

Event 44 Boys 13 Year Olds 200 Meter Sprint (15)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 11:50 AM****Zone: 24.35 2013 S MUNAWEERA, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

1	43857	Cooper Giuliano	Colyton St Clair
2	44061	Lachlan O'Mullane-Slade	Nepean
3	43904	Jack Giampietro	Emu Plains
4	44048	Hayden Aquilina	Nepean
5	43889	Lachlan Pryke	Cranebrook
6	43856	Isaac Giuliano	Colyton St Clair
7	44001	Will Haydon	Emu Plains
8	44102	Lochlain Smith	Penrith

Heat 2 of 2 Prelims

2	43915	Kian Brown	Emu Plains
3	46144	Ashton Gauci	Colyton St Clair
4	44166	Mitchell Crocker	Werrington
5	43949	Jack Jones	Emu Plains
6	44094	Malakai Bavadra	Penrith
7	44177	Josh Reed	Werrington
8	44059	Alex Muir	Nepean

Event 37 Girls 10 Year Olds 200 Meter Sprint (10)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 11:54 AM****Zone: 30.05 1994 N PROUSE, WERRINGTON**

Lane	Comp#	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

2	24692	Siena Vecchio	Colyton St Clair
3	24793	Angela Lees	Colyton St Clair
4	24947	Madison Rose	Cranebrook
5	25139	Lilly Brown	Emu Plains
6	25654	Aaliyah Vehikite	Nepean

Heat 2 of 2 Prelims

1	25893	Julieann Cullan	Werrington
2	25600	Annalise Pedersen	Nepean
3	25836	Maddison Mahe	Werrington
4	25872	Hannah Loxley	Werrington
5	24945	Ella Affleck	Cranebrook

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Event 38 Boys 10 Year Olds 200 Meter Sprint (13)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 11:56 AM****Zone: 29.25 1990 J DIBBS, COLYTON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	25537	Ryan Sciberras		Nepean	
2	25818	Malakhi Sutherland-Naylor		Penrith	
3	28613	Sunia Ula		Nepean	
4	25291	Ellis Haydon		Emu Plains	
5	25189	Sebastian Cech		Emu Plains	
6	25548	Ismail Akram		Nepean	
Heat 2 of 2 Prelims					
1	25184	Jaxson Willmington		Emu Plains	
2	26018	Zachary Herrero		Werrington	
3	24864	Jarryd Edmunds		Cranebrook	
4	25687	Xzavier Jones-Dunn		Penrith	
5	25756	Tyler Horne		Penrith	
6	25747	Brayden Kelly		Penrith	
7	25181	Mafia Saito		Emu Plains	

Event 35 Girls 9 Year Olds 200 Meter Sprint (16)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 12:00 PM****Zone: 30.95 1985 B PIENING, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	25014	Effy Bachtis		Emu Plains	
2	25125	Maddison Fretton-Lee		Emu Plains	
3	25534	Akira Westerby		Nepean	
4	25614	Skye Kenny		Nepean	
5	25959	Ella Long		Werrington	
6	24702	Aimee Johannsen		Colyton St Clair	
7	24677	Amelia Salih		Colyton St Clair	
8	25757	Isabella Horne		Penrith	
Heat 2 of 2 Prelims					
1	25712	Isabella Johnston		Penrith	
2	26021	Isabella Roelofs		Werrington	
3	28921	Mia-Rose Jones		Cranebrook	
4	25177	Skyla Richardson		Emu Plains	
5	25426	Tayla Karele		Jamison	
6	25833	Makayla Richardson		Werrington	
7	28920	Sarah Galea		Cranebrook	
8	25530	Alexis Planer		Nepean	

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Event 36 Boys 9 Year Olds 200 Meter Sprint (16)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 12:04 PM****Zone: 30.35 1984 S SUTTON, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	27589	Egbosiogwe Ugbonmhe		Werrington	
2	25525	Luke Down		Nepean	
3	25047	Tanner Clarke		Emu Plains	
4	25124	Brayden Fretton-Lee		Emu Plains	
5	25052	Rohan Skyes		Emu Plains	
6	25519	Logan McFawn		Nepean	
7	25731	David-Gordon Challis		Penrith	
8	25119	Denzel Odhiambo		Emu Plains	
Heat 2 of 2 Prelims					
1	25170	Remy Cross		Emu Plains	
2	25879	Henry McDowell		Werrington	
3	27006	Isaac Crowe		Werrington	
4	16485	Conan Waugh		Penrith	
5	25010	Timothy Hammond		Emu Plains	
6	25861	Cooper Falzon		Werrington	
7	25774	Lachlan Cordell		Penrith	
8	25082	Tom Billaut		Emu Plains	

Event 33 Girls 8 Year Olds 200 Meter Sprint (8)**8 Advance: Top 8 Each Heat plus Next 0 Best Times****Sunday 1/12/2019 - 12:08 PM****Zone: 32.45 1984 B PIENING, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
1	24965	Sophie Griggs		Cranebrook	
2	25419	Amelia Beazley		Jamison	
3	24966	Merkita Jaeger		Cranebrook	
4	25474	Milly Burnet		Jamison	
5	25151	Charlotte Green		Emu Plains	
6	26015	Amelia Kassouf		Werrington	
7	25718	Kelsey Brown		Penrith	
8	25108	Madison Easterbrook		Emu Plains	

Event 34 Boys 8 Year Olds 200 Meter Sprint (14)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 12:12 PM****Zone: 32.25 1986 J BAYLIS, COLYTON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
2	25514	Preston Swann		Nepean	
3	28176	Haydin Firman		Nepean	
4	25239	Charlie Davis		Emu Plains	
5	25779	Hayden Macaulay		Penrith	
6	25422	Khye Hunter		Jamison	
7	25041	Casey Crambrook		Emu Plains	
8	24685	Chigozie Ogbonna		Colyton St Clair	

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Heat 2 of 2 Prelims...(Event 34 Boys 8 Year Olds 200 Meter Sprint (14))

2	24915	Liam Karavas	Cranebrook
3	24676	Zeki Salih	Colyton St Clair
4	25736	Lucas Stofmeel	Penrith
5	25121	Ryley Coote	Emu Plains
6	25715	Ethan Robinson	Penrith
7	25054	Coen Houben	Emu Plains
8	25728	Harvey Nix	Penrith

Event 31 Girls 7 Year Olds 200 Meter Sprint (8)**Top 8 Advance by Time****Sunday 1/12/2019 - 12:16 PM****Zone: 36.05 1987 E MCGREGOR, COLYTON**

Lane	Comp#	Name	Age	Team	Seed Time
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Heat 1 of 1 Prelims

1	25401	Chloe Campbell	Jamison
2	25748	Cassidy Kelly	Penrith
3	24748	Giselle Stopins	Colyton St Clair
4	25545	Skye Lawn	Nepean
5	25870	Briar Auvaa	Werrington
6	24958	Veyda Fazel	Cranebrook
7	25292	Jenna Haydon	Emu Plains
8	25237	Marguerite Toohey	Emu Plains

Event 32 Boys 7 Year Olds 200 Meter Sprint (19)**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 12:18 PM****Zone: 34.25 1985 T WOZNIAK, PENRITH VALLEY**

Lane	Comp#	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1	25941	Tevita-Jr Gatehau	Werrington
2	25122	Jett Ward	Emu Plains
3	25667	Ismail Majedzada	Nepean
4	25057	Alexander Simpson	Emu Plains
5	25695	Toby Baker	Penrith
6	24901	Andreatta Mathayus	Cranebrook

Heat 2 of 3 Prelims

1	25966	Cooper Delohery	Werrington
2	28179	Chayse Edwards	Nepean
3	24807	Nepi Shortland	Colyton St Clair
4	25577	Callam Bock	Nepean
5	25618	Tyler McSharry	Nepean
6	25175	Owen Sproule	Emu Plains
7	25185	Piri Heke	Emu Plains

Heat 3 of 3 Prelims

1	25784	Riley Bradshaw	Penrith
2	24752	Nate Deagan	Colyton St Clair
3	25734	Harrison Gilchrist	Penrith
4	25483	Dante Ward	Jamison
5	25785	Koen Beale	Penrith
6	28608	Issac Spaccavento	Nepean

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Event 45 Girls 14 Year Olds 200 Meter Sprint (9)**Top 8 Advance by Time****Sunday 1/12/2019 - 12:24 PM**

Zone:		26.85	1990	E SEERS, WERRINGTON		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat 1 of 2 Prelims						
1	43834	Piper Threlfall		Colyton St Clair		
2	43916	Amelia Forti		Emu Plains		
3	44136	Amber Justice		Penrith		
4	43845	Abby Hile		Colyton St Clair		
Heat 2 of 2 Prelims						
1	44009	Shontay Dezenieks		Jamison		
2	44165	Karisa Atkins		Werrington		
3	43881	Caitlyn Griggs		Cranebrook		
4	44109	Chloe Burrows		Penrith		
5	43847	Kailey Speeding		Colyton St Clair		

Event 46 Boys 14 Year Olds 200 Meter Sprint (10)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Sunday 1/12/2019 - 12:28 PM**

Zone:		24.34	2016	L CODJOE, COLYTON ST CLAIR		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat 1 of 2 Prelims						
2	44034	Kai Hughes		Jamison		
3	43869	Toby Camilleri		Cranebrook		
4	43882	Brody Hull		Cranebrook		
5	45274	Osione Ugbonmhe		Werrington		
6	43852	Lincoln Hole		Colyton St Clair		
Heat 2 of 2 Prelims						
1	43928	Joel Gomes		Emu Plains		
2	44062	Evan O'Mullane-Slade		Nepean		
3	43990	Evander Kelly		Emu Plains		
4	45666	Amosia Soatini		Nepean		
5	44028	Christian Ansell		Jamison		

Event 47 Girls 15 Year Olds 200 Meter Sprint (7)**Top 8 Advance by Time****Sunday 1/12/2019 - 12:32 PM**

Zone:		26.45	2013	A PETERSON, COLYTON ST CLAIR		
Lane	Comp#	Name	Age	Team	Seed Time	
Heat	1 of 1	Prelims				
1	43839	Jenna Rose		Colyton St Clair		
2	44115	Olivia Cromie		Penrith		
3	43875	Darcy Jarman		Cranebrook		
4	44144	Ariana Levy		Werrington		
5	44045	Hayley Kovacs		Nepean		
6	44132	Leah Joseph		Penrith		
7	43884	Abby Affleck		Cranebrook		

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Event 48 Boys 15 Year Olds 200 Meter Sprint (8)**Top 8 Advance by Time****Sunday 1/12/2019 - 12:34 PM****Zone: 23.15 2015 J McLACHLAN, WERRINGTON**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
1	43886	Rhys Warby		Cranebrook	
2	44174	Khain Letford		Werrington	
3	43885	Joshua Debritt		Cranebrook	
4	43913	William Ives		Emu Plains	
5	44183	Adrian Hadfield		Werrington	
6	44173	Ryan Letford		Werrington	
7	44171	Isaac Sharp		Werrington	
8	44086	Cruz Pagnamenta		Penrith	

Event 49 Girls 17 Year Olds 200 Meter Sprint (5)**Top 8 Advance by Time****Sunday 1/12/2019 - 12:35 PM****Zone: 26.53 2017 Monique Quirk, Emu Plains**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
1	43914	Keeli Brown		Emu Plains	
2	44085	Caydi McPherson		Penrith	
3	44068	Hunter Rebec		Nepean	
4	44159	Elissa Lee		Werrington	
5	44097	Abbey Watson		Penrith	

Event 50 Boys 17 Year Olds 200 Meter Sprint (6)**Top 8 Advance by Time****Sunday 1/12/2019 - 12:40 PM****Zone: 22.49 2015 A GALE, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims					
2	43948	Hugh Harrold		Emu Plains	
3	44135	Jackson Justice		Penrith	
4	43842	Laud Codjoe		Colyton St Clair	
5	44020	Ryan Mooney		Jamison	
6	44107	Justin O'Reilly		Penrith	
7	44063	Dylan O'Mullane-Slade		Nepean	

Event 103 Girls 11 Year Olds 800 Meter Run (4)**Sunday 1/12/2019 - 1:30 PM****Zone: 2:34.10 1989 M HEPWORTH, WERRINGTON**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	25013	Tia Bachtis		Emu Plains	
2	25447	Lila Robins		Jamison	
3	25040	Jessica Crambrook		Emu Plains	
4	25531	Sienna Planer		Nepean	

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Event 104 Boys 11 Year Olds 800 Meter Run (11)**Sunday 1/12/2019 - 1:35 PM****Zone: 2:25.93 2017****Will Haydon, Emu Plains**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25657	Samuel Abboud		Nepean	
2	24704	Lachlan Thomas		Colyton St Clair	
3	25479	Liam Lang		Jamison	
4	25081	Sevan Billaut		Emu Plains	
5	25441	Kai Cullens		Jamison	
6	28923	Conner Pryke		Cranebrook	
7	25535	Lucas Aquilina		Nepean	
8	25071	Eamon Toland		Emu Plains	
9	25090	Alexander Mackie		Emu Plains	
10	24877	James Karavas		Cranebrook	
11	26001	Kamso Igbojiaku		Werrington	

Event 105 Girls 12 Year Olds 800 Meter Run (7)**Sunday 1/12/2019 - 1:40 PM****Zone: 2:27.10 1999****A HECKENBERG, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44191	Tamika Richardson		Werrington	
2	44164	Brianna Atkins		Werrington	
3	44110	Krystal Burrows		Penrith	
4	43958	Abbi Grennell		Emu Plains	
5	43903	Ainsley Giampietro		Emu Plains	
6	44067	Kaydenze Phillips		Nepean	
7	43917	Mabel Dukes		Emu Plains	

Event 106 Boys 12 Year Olds 800 Meter Run (7)**Sunday 1/12/2019 - 1:45 PM****Zone: 2:23.44 9/12/2018****Will Haydon, Emu Plains**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	43827	Dante Masi		Colyton St Clair	
2	44022	Lincoln Douglas		Jamison	
3	44126	Cenk Elve		Penrith	
4	43935	Ethan Mackie		Emu Plains	
5	44070	Jordan Primmer		Nepean	
6	44013	Adam McDonald		Jamison	
7	44056	Matthew Armstrong		Nepean	

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Event 107 Girls 13 Year Olds 800 Meter Run (10)**Sunday 1/12/2019 - 1:50 PM****Zone: 2:26.50 1986 A BONHAM, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	44060	Jessey Bektas		Nepean	
2	44073	Chloe Nancarrow		Nepean	
3	44156	Ebony Dunn		Werrington	
4	44172	Layla Sharp		Werrington	
5	43911	Chardonnay Andrews		Emu Plains	
6	44101	Sophie McPherson		Penrith	
7	44044	Gemma Elliott-Swann		Nepean	
8	44057	Therese Armstrong		Nepean	
9	43965	Tiana Heke		Emu Plains	
10	44180	Taylah Burrows		Werrington	

Event 108 Boys 13 Year Olds 800 Meter Run (9)**Sunday 1/12/2019 - 1:55 PM****Zone: 2:17.30 1987 D COONEY, PENRITH VALLEY**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	44048	Hayden Aquilina		Nepean	
2	43889	Lachlan Pryke		Cranebrook	
3	43939	Ryan Love		Emu Plains	
4	44059	Alex Muir		Nepean	
5	44001	Will Haydon		Emu Plains	
6	44177	Josh Reed		Werrington	
7	44188	Cooper Levy		Werrington	
8	43973	Jake Roberts		Emu Plains	
9	43856	Isaac Giuliano		Colyton St Clair	

Event 109 Girls 14 Year Olds 800 Meter Run (4)**Sunday 1/12/2019 - 2:00 PM****Zone: 2:24.20 1990 S HARRISON, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	43881	Caitlyn Griggs		Cranebrook	
2	43823	Jessica Majnaric		Colyton St Clair	
3	43976	Sophie Boyes		Emu Plains	
4	43847	Kailey Speeding		Colyton St Clair	

Event 110 Boys 14 Year Olds 800 Meter Run (5)**Sunday 1/12/2019 - 2:05 PM****Zone: 2:10.80 2000 J MILBURN, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	44034	Kai Hughes		Jamison	
2	44153	Lachlan Antecki		Werrington	
3	44019	Aidan Romeo		Jamison	
4	44026	Dylan Jones		Jamison	
5	44032	Noah Lang		Jamison	

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Event 111 Girls 15 Year Olds 800 Meter Run (7)**Sunday 1/12/2019 - 2:10 PM****Zone: 2:21.80 1990 A MENZIES, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	43957	Ella Grennell		Emu Plains	
2	43951	Charlotte Bowden		Emu Plains	
3	44132	Leah Joseph		Penrith	
4	44176	Somto Igbojiaku		Werrington	
5	43836	Rhianni Deagan		Colyton St Clair	
6	43888	Anoon Kuany		Cranebrook	
7	43884	Abby Affleck		Cranebrook	

Event 112 Boys 15 Year Olds 800 Meter Run (4)**Sunday 1/12/2019 - 2:15 PM****Zone: 2:05.60 2001 J MILBURN, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	43931	Cohen Aussel		Emu Plains	
2	44086	Cruz Pagnamenta		Penrith	
3	44150	Brock Reed		Werrington	
4	43964	Taniora Heke		Emu Plains	

Event 113 Girls 17 Year Olds 800 Meter Run (5)**Sunday 1/12/2019 - 2:20 PM****Zone: 2:28.21 2015 S STEELE, JAMISON**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44128	Kaili Hayward		Penrith	
2	44085	Caydi McPherson		Penrith	
3	46064	Jada Thomson		Colyton St Clair	
4	44131	Alison Joseph		Penrith	
5	44113	Tara Langford		Penrith	

Event 114 Boys 17 Year Olds 800 Meter Run (4)**Sunday 1/12/2019 - 2:25 PM****Zone: 2:05.08 2016 J HAMBLIN, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	44024	Adrian Jones		Jamison	
2	43948	Hugh Harrold		Emu Plains	
3	44980	Daniel Kelly		Emu Plains	
4	44089	Logan Dwyer		Penrith	

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Event 101 Girls 10 Year Olds 800 Meter Run (12)**Sunday 1/12/2019 - 2:30 PM****Zone: 2:40.00 1988 M HEPWORTH, WERRINGTON**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25114	Addison Roden		Emu Plains	
2	25258	Lily Moore		Emu Plains	
3	24793	Angela Lees		Colyton St Clair	
4	24862	Kierra Colburn		Cranebrook	
5	25451	Ella-Grace Douglas		Jamison	
6	25588	Katelyn Daley		Nepean	
7	25628	Ruby Montgomery		Nepean	
8	25478	Maddison Smith		Jamison	
9	25672	Iyla Jowaheer		Nepean	
10	25872	Hannah Loxley		Werrington	
11	25804	Lara Falzon		Penrith	
12	24692	Siena Vecchio		Colyton St Clair	

Event 102 Boys 10 Year Olds 800 Meter Run (9)**Sunday 1/12/2019 - 2:35 PM****Zone: 2:32.19 2016 W HAYDON, EMU PLAINS**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25126	William Jones		Emu Plains	
2	25988	Dominic Antecki		Werrington	
3	25590	Caleb Eldridge		Nepean	
4	24863	Benji Ebejer		Cranebrook	
5	25567	Evan Francis		Nepean	
6	25940	Raemon-Jr Gatehau		Werrington	
7	25238	Findlay Toohey		Emu Plains	
8	25910	Owen Levy		Werrington	
9	25291	Ellis Haydon		Emu Plains	

Event 99 Girls 9 Year Olds 800 Meter Run (5)**Sunday 1/12/2019 - 2:40 PM****Zone: 2:48.40 1987 M HEPWORTH, WERRINGTON**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25133	Evelyn Bowden		Emu Plains	
2	24664	Georgia Watson		Colyton St Clair	
3	25534	Akira Westerby		Nepean	
4	26021	Isabella Roelofs		Werrington	
5	25056	Ayanna Katahie		Emu Plains	

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Event 100 Boys 9 Year Olds 800 Meter Run (13)**Sunday 1/12/2019 - 2:45 PM****Zone: 2:28.10 1990****B McCONNELL, NEPEAN**

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	25861	Cooper Falzon		Werrington	
2	25082	Tom Billaut		Emu Plains	
3	25879	Henry McDowell		Werrington	
4	25525	Luke Down		Nepean	
5	24684	Hague Trudinger Asare		Colyton St Clair	
6	27006	Isaac Crowe		Werrington	
7	25091	Oliver Mackie		Emu Plains	
8	25731	David-Gordon Challis		Penrith	
9	25544	Aiden Lawn		Nepean	
10	25753	Bailey Plunkett		Penrith	
11	25519	Logan McFawn		Nepean	
12	25599	Jordan Jara		Nepean	
13	25774	Lachlan Cordell		Penrith	

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Event 177 Girls 11 Year Olds Long Jump (15)**Sunday 1/12/2019 - 8:00 AM****Zone: 4.45m 1990****R MOSSMAN, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25793	Payten Hines		Penrith	
2	25073	Maddison Daley		Emu Plains	
3	26016	Charli Kassouf		Werrington	
4	25463	Alicia Mason		Jamison	
5	25565	Bronte Eivers		Nepean	
6	25040	Jessica Crambrook		Emu Plains	
7	24870	Madison Brown		Cranebrook	
8	25984	Hayley Muir		Werrington	
9	25242	Violet Langley		Emu Plains	
10	25098	Calista Love		Emu Plains	
11	24802	Emily Cox		Colyton St Clair	
12	25601	Emily Pedersen		Nepean	
13	25039	Addisyn Ives		Emu Plains	
14	26011	Emily McGilvray		Werrington	
15	25717	Mia Brown		Penrith	

Event 178 Boys 11 Year Olds Long Jump (15)**Sunday 1/12/2019 - 8:00 AM****Zone: 4.87m 1996****P TONER, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25839	Hunter Mckillop-Davies		Werrington	
2	24660	Noah Hams		Colyton St Clair	
3	25085	Hamish Aussel		Emu Plains	
4	25657	Samuel Abboud		Nepean	
5	25479	Liam Lang		Jamison	
6	25576	Chevy McPherson-Bordignon		Nepean	
7	25284	Ethan Nixon		Emu Plains	
8	25123	Archie King		Emu Plains	
9	27842	Lopeti Tualau		Werrington	
10	24678	Ardit Singh Maan		Colyton St Clair	
11	25664	Jason Bailey		Nepean	
12	25888	Zachary Levy		Werrington	
13	24880	Dylan Taylor-Rogers		Cranebrook	
14	24877	James Karavas		Cranebrook	
15	25090	Alexander Mackie		Emu Plains	

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Event 155 Girls 10 Year Olds High Jump (S/H 0.90m) (11)

Sunday 1/12/2019 - 8:00 AM

Zone:		1.29m	1991	K MULHERON, WERRINGTON		
Pos	Comp#	Name	Age	Team	Seed	Mark
Flight	1 of 1	Finals				
1	25223	Torah Smythe		Emu Plains		
2	25591	Hannah Eldridge		Nepean		
3	25588	Katelyn Daley		Nepean		
4	25836	Maddison Mahe		Werrington		
5	25637	Indyana Campbell		Nepean		
6	25258	Lily Moore		Emu Plains		
7	24862	Kierra Colburn		Cranebrook		
8	25628	Ruby Montgomery		Nepean		
9	25804	Lara Falzon		Penrith		
10	24793	Angela Lees		Colyton St Clair		
11	24865	Ally-May Jones		Cranebrook		

Event 156 Boys 10 Year Olds High Jump (S/H 0.95m) (16)

Sunday 1/12/2019 - 8:00 AM

Zone:		1.34m	1989	B MALLARD, JAMISON		
Pos	Comp#	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals						
1	25088	Lachlan Woods		Emu Plains		
2	25988	Dominic Antecki		Werrington		
3	25747	Brayden Kelly		Penrith		
4	16484	Caiden Waugh		Penrith		
5	25910	Owen Levy		Werrington		
6	25756	Tyler Horne		Penrith		
7	25152	Caelan Green		Emu Plains		
8	25740	Jordan Kliendienst		Penrith		
9	25706	Dustin Constable		Penrith		
10	25590	Caleb Eldridge		Nepean		
11	25567	Evan Francis		Nepean		
12	24662	Brody Watson		Colyton St Clair		
13	25940	Raemon-Jr Gatehau		Werrington		
14	28177	Callam Firman		Nepean		
15	25126	William Jones		Emu Plains		
16	24689	Lachlan Gillard		Colyton St Clair		

Event 223 Girls 8 Year Olds Shot Put (1.5 Kg) (8)

Sunday 1/12/2019 - 8:00 AM

Zone:		6.99m	2006	T HILL, COLYTON		
Pos	Comp#	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals						
1	24966	Merkita Jaeger		Cranebrook		
2	25673	Taylah Pagnamenta		Penrith		
3	27841	Marlena Tualau		Werrington		
4	24965	Sophie Griggs		Cranebrook		
5	25477	Bailey Smith		Jamison		
6	24691	Talia Vecchio		Colyton St Clair		
7	25908	Chelsea Wright		Werrington		
8	25765	Havana Pagnamenta		Penrith		

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Event 224 Boys 8 Year Olds Shot Put (1.5 Kg) (9)**Sunday 1/12/2019 - 8:00 AM****Zone: 7.90m 1996 S BLACKETT, COLYTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25054	Coen Houben		Emu Plains	
2	25699	Etuate Bavadra		Penrith	
3	25794	Cooper Hines		Penrith	
4	25569	Declan Downes		Nepean	
5	25749	Lachlan Bradshaw		Penrith	
6	26020	Alexander Roelofs		Werrington	
7	25557	Yannick Kansakar		Nepean	
8	25554	Levi Pignat		Nepean	
9	24915	Liam Karavas		Cranebrook	

Event 201 Girls 7 Year Olds Discus Throw (350 Gram) (11)**Sunday 1/12/2019 - 8:00 AM****Zone: 17.26m 2001 K RANADI, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25518	Stella McDiamid-Great		Nepean	
2	25255	Harper Egglestone		Emu Plains	
3	24748	Giselle Stopins		Colyton St Clair	
4	25585	Harveen Sarai		Nepean	
5	25401	Chloe Campbell		Jamison	
6	25714	Gracie-Mae Romelo		Penrith	
7	25452	Hannah Garrard		Jamison	
8	25032	Emmerson Andrews		Emu Plains	
9	25568	Kaitlyn Downes		Nepean	
10	25632	Aaliya Vhandari		Nepean	
11	25625	Sienna Toomeman		Nepean	

Event 202 Boys 7 Year Olds Discus Throw (350 Gram) (12)**Sunday 1/12/2019 - 8:00 AM****Zone: 20.00m 1994 J O'SULLIVAN, PENRITH**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25775	Lucas Wells		Penrith	
2	24752	Nate Deagan		Colyton St Clair	
3	25070	Daniel Marsh-Tidyman		Emu Plains	
4	25587	Jakob Daley		Nepean	
5	25941	Tevita-Jr Gatehau		Werrington	
6	25709	Isaac McNaught		Penrith	
7	25240	Matthew Davis		Emu Plains	
8	25682	Manaia Thomas		Penrith	
9	25621	Dominic Pagett-Salman		Nepean	
10	26004	Zadyn Casserly		Werrington	
11	25944	Byron Mansour		Werrington	
12	25840	Harrison Lewtschenko		Werrington	

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Event 243 Girls 12 Year Olds Javelin Throw (400 Gram) (9)**Sunday 1/12/2019 - 8:00 AM****Zone: 27.42m 2016 A LEVY, WERRINGTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44050	Chelsea Sciberras		Nepean	
2	44164	Brianna Atkins		Werrington	
3	43843	Ashleigh South		Colyton St Clair	
4	44095	Aaliyah Bavadra		Penrith	
5	43938	Mariah Chrisostomos		Emu Plains	
6	43958	Abbi Grennell		Emu Plains	
7	43960	Hannah Sproule		Emu Plains	
8	44046	Zoe Mark		Nepean	
9	43855	Jessica Dhaliwal		Colyton St Clair	

Event 244 Boys 12 Year Olds Javelin Throw (400 Gram) (3)**Sunday 1/12/2019 - 8:00 AM****Zone: 30.60m 2017 Toby Camilleri, Cranebrook**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43935	Ethan Mackie		Emu Plains	
2	44126	Cenk Elve		Penrith	
3	43818	Jack Gillard		Colyton St Clair	

Event 181 Girls 13 Year Olds Long Jump (16)**Sunday 1/12/2019 - 9:15 AM****Zone: 5.16m 1991 R MOSSMAN, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43922	Tyler-Eve Mair		Emu Plains	
2	44092	Alyssa Ballard		Penrith	
3	44982	Bryanna Pettinato		Emu Plains	
4	44098	Chloe Watson		Penrith	
5	44073	Chloe Nancarrow		Nepean	
6	44100	Jade Robinson		Penrith	
7	44182	Tara Hughes		Werrington	
8	44060	Jessey Bektas		Nepean	
9	44044	Gemma Elliott-Swann		Nepean	
10	44178	Famke Cullan		Werrington	
11	44058	Abbey Bektas		Nepean	
12	44180	Taylah Burrows		Werrington	
13	43864	Anthea Karavas		Cranebrook	
14	43912	Savanah Carter		Emu Plains	
15	43994	Nekea Talaia		Emu Plains	
16	44075	Chloe O'Hare		Nepean	

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Event 182 Boys 13 Year Olds Long Jump (10)**Sunday 1/12/2019 - 9:15 AM****Zone: 5.68m 2015****L CODJOE, COLYTON ST CLAIR**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44102	Lochlain Smith		Penrith	
2	43973	Jake Roberts		Emu Plains	
3	43857	Cooper Giuliano		Colyton St Clair	
4	45277	Petelo Tualau		Werrington	
5	43939	Ryan Love		Emu Plains	
6	43856	Isaac Giuliano		Colyton St Clair	
7	44147	Giorgio Avgerinos		Werrington	
8	44162	Lowndes Motler		Werrington	
9	44166	Mitchell Crocker		Werrington	
10	43949	Jack Jones		Emu Plains	

Event 157 Girls 11 Year Olds High Jump (S/H 1.00m) (7)**Sunday 1/12/2019 - 9:15 AM****Zone: 1.40m 1987****L PROIETTI, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	24951	Amelia Griggs		Cranebrook	
2	25883	Isabell Burrows		Werrington	
3	26009	Kaitlin Reed		Werrington	
4	25923	Madison Corner		Werrington	
5	25717	Mia Brown		Penrith	
6	25463	Alicia Mason		Jamison	
7	24802	Emily Cox		Colyton St Clair	

Event 158 Boys 11 Year Olds High Jump (S/H 1.05m) (8)**Sunday 1/12/2019 - 9:15 AM****Zone: 1.47m 1993****D GREGORY, PENRITH**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25839	Hunter Mckillop-Davies		Werrington	
2	25584	Bryson Browne		Nepean	
3	25766	Riley Jarvis		Penrith	
4	24678	Ardit Singh Maan		Colyton St Clair	
5	24669	Thomas Cody		Colyton St Clair	
6	24877	James Karavas		Cranebrook	
7	24660	Noah Hams		Colyton St Clair	
8	26001	Kamso Igbojiaku		Werrington	

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Event 227 Girls 10 Year Olds Shot Put (2.0 Kg) (10)

Sunday 1/12/2019 - 9:15 AM

Zone:		9.04m	1991	K MULHERON, WERRINGTON			
Pos	Comp#	Name		Age	Team	Seed Mark	
Flight 1 of 1 Finals							
1	24868	Charlotte McNeil			Cranebrook		
2	25787	Ava Gregory			Penrith		
3	24947	Madison Rose			Cranebrook		
4	25637	Indyana Campbell			Nepean		
5	25591	Hannah Eldridge			Nepean		
6	25672	Iyla Jowaheer			Nepean		
7	25430	Taylor Butler			Jamison		
8	24700	Alexis South			Colyton St Clair		
9	28180	Laylah Golden			Nepean		
10	25434	Sienna Karele			Jamison		

Event 228 Boys 10 Year Olds Shot Put (2.0 Kg) (6)

Sunday 1/12/2019 - 9:15 AM

Zone:		10.82m	1985	G LEE, NEPEAN			
Pos	Comp#	Name	Age	Team	Seed	Mark	
Flight 1 of 1	Finals						
1	25868	Ethan Hughes		Werrington			
2	24662	Brody Watson		Colyton St Clair			
3	24864	Jarryd Edmunds		Cranebrook			
4	27598	Isaia Fuimaono		Werrington			
5	28613	Sunia Ula		Nepean			
6	25209	Cooper Abercrombie		Emu Plains			

Event 205 Girls 9 Year Olds Discus Throw (500 Gram) (10)

Sunday 1/12/2019 - 9:15 AM

Zone:		26.46m	1985	A RICHARDS, JAMISON			
Pos	Comp#	Name	Age	Team	Seed	Mark	
Flight	1 of 1	Finals					
1	28920	Sarah Galea		Cranebrook			
2	25097	Taylah Chrisostomos		Emu Plains			
3	25833	Makayla Richardson		Werrington			
4	25236	Ava ilijeski		Emu Plains			
5	26021	Isabella Roelofs		Werrington			
6	24709	Sophie Thomas		Colyton St Clair			
7	25056	Ayanna Katahie		Emu Plains			
8	25426	Tayla Karele		Jamison			
9	25688	Nikyah Jones-Dunn		Penrith			
10	25924	Grace Corner		Werrington			

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Event 206 Boys 9 Year Olds Discus Throw (500 Gram) (9)

Sunday 1/12/2019 - 9:15 AM

Zone: 29.34m 1986 J IMBRAHIM, NEPEAN

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	25733	Oscar Gilchrist		Penrith	
2	24969	Jared Husar		Cranebrook	
3	25999	Jett Levy		Werrington	
4	25751	Isaac Lemon		Penrith	
5	25769	Harlum Hooke		Penrith	
6	25874	Jackson Spano		Werrington	
7	24713	Jarryd Morris		Colyton St Clair	
8	25985	Lucas Muir		Werrington	
9	24684	Hague Trudinger Asare		Colyton St Clair	

Event 247 Girls 14 Year Olds Javelin Throw (400 Gram) (7)

Sunday 1/12/2019 - 9:15 AM

Zone: 31.56m 2016 S EDWARDS, NEPEAN

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43845	Abby Hile		Colyton St Clair	
2	43985	Emma Matthias		Emu Plains	
3	44175	Kiayla Casserly		Werrington	
4	44109	Chloe Burrows		Penrith	
5	44065	Leah Westcott		Nepean	
6	44033	Kirra Richardson		Jamison	
7	43823	Jessica Majnaric		Colyton St Clair	

Event 185 Girls 15 Year Olds Long Jump (8)

Sunday 1/12/2019 - 10:30 AM

Zone: 5.36m 2013 A BAXTER, NEPEAN

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	45276	Emma Tualau		Werrington	
2	44045	Hayley Kovacs		Nepean	
3	44144	Ariana Levy		Werrington	
4	44115	Olivia Cromie		Penrith	
5	43874	Taylor Brown		Cranebrook	
6	43875	Darcy Jarman		Cranebrook	
7	43888	Anoon Kuany		Cranebrook	
8	44170	Katelyn Kos		Werrington	

Event 186 Boys 15 Year Olds Long Jump (9)

Sunday 1/12/2019 - 10:30 AM

Zone: 6.34m 2015 S MUNAWERRA, JAMISON

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44174	Khain Letford		Werrington	
2	43913	William Ives		Emu Plains	
3	43885	Joshua Debritt		Cranebrook	
4	44171	Isaac Sharp		Werrington	
5	43943	Liam Coburn		Emu Plains	
6	43993	Finn Newell		Emu Plains	
7	44183	Adrian Hadfield		Werrington	
8	43967	Finlay Hahn		Emu Plains	
9	44173	Ryan Letford		Werrington	

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Event 161 Girls 13 Year Olds High Jump (S/H 1.15m) (5)**Sunday 1/12/2019 - 10:30 AM****Zone: 1.58m 1994 K MULHERON, WERRINGTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44180	Taylah Burrows		Werrington	
2	44075	Chloe O'Hare		Nepean	
3	44060	Jessey Bektas		Nepean	
4	44178	Famke Cullan		Werrington	
5	44073	Chloe Nancarrow		Nepean	

Event 231 Girls 12 Year Olds Shot Put (2.0 Kg) (9)**Sunday 1/12/2019 - 10:30 AM****Zone: 13.72m 1996 M MARTIN, COLYTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43960	Hannah Sproule		Emu Plains	
2	44046	Zoe Mark		Nepean	
3	44106	Michayla Espie		Penrith	
4	43843	Ashleigh South		Colyton St Clair	
5	44160	Mia Thomson		Werrington	
6	43855	Jessica Dhaliwal		Colyton St Clair	
7	44087	Brooklyn Gilchrist		Penrith	
8	44050	Chelsea Sciberras		Nepean	
9	43975	Emily Boyes		Emu Plains	

Event 232 Boys 12 Year Olds Shot Put (2.0 Kg) (5)**Sunday 1/12/2019 - 10:30 AM****Zone: 13.27m 2012 EJ BROWN-VAELUA, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44051	Hussain Akram		Nepean	
2	43819	Dominic Vecchio		Colyton St Clair	
3	44149	Liam Buhagiar		Werrington	
4	43822	Ryan Johannsen		Colyton St Clair	
5	44030	Connor Oshannessy		Jamison	

Event 162 Boys 13 Year Olds High Jump (S/H 1.20m) (5)**Sunday 1/12/2019 - 10:30 AM****Zone: 1.65m 1996 D PEDERSON, COLYTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43944	Riley Coburn		Emu Plains	
2	45277	Petelo Tualau		Werrington	
3	43973	Jake Roberts		Emu Plains	
4	44061	Lachlan O'Mullane-Slade		Nepean	
5	43949	Jack Jones		Emu Plains	

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Event 209 Girls 11 Year Olds Discus Throw (500 Gram) (10)**Sunday 1/12/2019 - 10:30 AM****Zone: 31.74m 1996 K DONOVAN, COLYTON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	27846	Ella Williams		Werrington	
2	24870	Madison Brown		Cranebrook	
3	25013	Tia Bachtis		Emu Plains	
4	25098	Calista Love		Emu Plains	
5	28612	Lesieli Mokofisi		Nepean	
6	25923	Madison Corner		Werrington	
7	25717	Mia Brown		Penrith	
8	24951	Amelia Griggs		Cranebrook	
9	24871	Jemma Camilleri		Cranebrook	
10	24701	Zhaliya Tanielu-Park		Colyton St Clair	

Event 210 Boys 11 Year Olds Discus Throw 500 Gram) (9)**Sunday 1/12/2019 - 10:30 AM****Zone: 36.71m 2013 L ROSE, COLYTON ST CLAIR**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	28922	Sebastian Galea		Cranebrook	
2	24704	Lachlan Thomas		Colyton St Clair	
3	25576	Chevy McPherson-Bordignon		Nepean	
4	27842	Lopeti Tualau		Werrington	
5	24880	Dylan Taylor-Rogers		Cranebrook	
6	25123	Archie King		Emu Plains	
7	25888	Zachary Levy		Werrington	
8	24714	Ricky Morris		Colyton St Clair	
9	25055	William Bradford		Emu Plains	

Event 252 Boys 17 Year Olds Javelin Throw (700 Gram) (4)**Sunday 1/12/2019 - 10:30 AM****Zone: 56.76m 2016 A KEENE, EMU PLAINS**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43947	Lachlan Stone		Emu Plains	
2	44066	Mark Westcott		Nepean	
3	44120	Trent Whitbread		Penrith	
4	43838	Lucas Rose		Colyton St Clair	

Event 191 Girls 12 Year Olds Triple Jump (8)**Sunday 1/12/2019 - 11:45 AM****Zone: 9.94m 2003 S PEPA, PENRITH VALLEY**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44164	Brianna Atkins		Werrington	
2	43975	Emily Boyes		Emu Plains	
3	44163	Abby Macallister		Werrington	
4	43938	Mariah Chrisostomos		Emu Plains	
5	43960	Hannah Sproule		Emu Plains	
6	43826	Adriana Borg		Colyton St Clair	
7	44161	Lilli Kandel		Werrington	
8	44095	Aaliyah Bavadra		Penrith	

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Event 192 Boys 12 Year Olds Triple Jump (6)**Sunday 1/12/2019 - 11:45 AM****Zone: 10.93m 2012 J NEILLY, JAMISON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44049	Andrew Kaufonona		Nepean	
2	44056	Matthew Armstrong		Nepean	
3	43822	Ryan Johannsen		Colyton St Clair	
4	43878	Jack Affleck		Cranebrook	
5	43935	Ethan Mackie		Emu Plains	
6	44189	Joseph Ezekiel		Werrington	

Event 165 Girls 15 Year Olds High Jump (S/H 1.20m) (4)**Sunday 1/12/2019 - 11:45 AM****Zone: 1.68m 1991 L PROIETTI, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44114	Alicia Langford		Penrith	
2	43874	Taylor Brown		Cranebrook	
3	43888	Anoon Kuany		Cranebrook	
4	44045	Hayley Kovacs		Nepean	

Event 166 Boys 15 Year Olds High Jump (S/H 1.25m) (8)**Sunday 1/12/2019 - 11:45 AM****Zone: 1.80m 2001 A JACKSON, PENRITH VALLEY**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44112	Nathan O'Reilly		Penrith	
2	44183	Adrian Hadfield		Werrington	
3	44105	Aiden Espie		Penrith	
4	44173	Ryan Letford		Werrington	
5	43943	Liam Coburn		Emu Plains	
6	43885	Joshua Debritt		Cranebrook	
7	44174	Khain Letford		Werrington	
8	43993	Finn Newell		Emu Plains	

Event 235 Girls 14 Year Olds Shot Put (3.0 Kg) (9)**Sunday 1/12/2019 - 11:45 AM****Zone: 12.28m 2008 K CHAPPLE, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44175	Kiayla Casserly		Werrington	
2	44033	Kirra Richardson		Jamison	
3	43890	Stephanie Galea		Cranebrook	
4	44133	Madison Plunkett		Penrith	
5	43985	Emma Matthias		Emu Plains	
6	44029	Erin Oshannessy		Jamison	
7	44136	Amber Justice		Penrith	
8	44065	Leah Westcott		Nepean	
9	44109	Chloe Burrows		Penrith	

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Event 236 Boys 14 Year Olds Shot Put (3.0 Kg) (5)

Sunday 1/12/2019 - 11:45 AM

Zone: 16.20m 2014 EJ BROWN-VAELUA, NEPEAN

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43928	Joel Gomes		Emu Plains	
2	43869	Toby Camilleri		Cranebrook	
3	43921	Jack Skyes		Emu Plains	
4	44026	Dylan Jones		Jamison	
5	45666	Amosia Soatini		Nepean	

Event 213 Girls 13 Year Olds Discus Throw (750 Gram) (9)

Sunday 1/12/2019 - 11:45 AM

Zone: 37.62m 2014 A PEARSON, JAMISON

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44101	Sophie McPherson		Penrith	
2	44057	Therese Armstrong		Nepean	
3	44182	Tara Hughes		Werrington	
4	44092	Alyssa Ballard		Penrith	
5	44098	Chloe Watson		Penrith	
6	43961	Anita-Jane Saito		Emu Plains	
7	43965	Tiana Heke		Emu Plains	
8	44145	Maretta Fuimaono		Werrington	
9	44044	Gemma Elliott-Swann		Nepean	

Event 214 Boys 13 Year Olds Discus Throw (750 Gram) (10)

Sunday 1/12/2019 - 11:45 AM

Zone: 42.04m 2015 L ROSE, COLYTON ST CLAIR

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43944	Riley Coburn		Emu Plains	
2	44094	Malakai Bavadra		Penrith	
3	43813	Evan Garbutt		Colyton St Clair	
4	43831	Josh Carter (awd T-57)		Colyton St Clair	
5	45277	Petelo Tualau		Werrington	
6	43904	Jack Giampietro		Emu Plains	
7	43996	Lachlan Green		Emu Plains	
8	44147	Giorgio Avgerinos		Werrington	
9	44162	Lowndes Motler		Werrington	
10	43857	Cooper Giuliano		Colyton St Clair	

Event 251 Girls 17 Year Olds Javelin Throw (500 Gram) (7)

Sunday 1/12/2019 - 11:45 AM

Zone: 37.71m 2012 T SENGAL, NEPEAN

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43980	Jessica Keene		Emu Plains	
2	44113	Tara Langford		Penrith	
3	44128	Kaili Hayward		Penrith	
4	43946	Amelia Stone		Emu Plains	
5	43981	Alissa Keene		Emu Plains	
6	44111	Alyssa Youngman		Penrith	
7	46064	Jada Thomson		Colyton St Clair	

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Event 195 Girls 14 Year Olds Triple Jump (6)**Sunday 1/12/2019 - 1:30 PM****Zone: 11.32m 2010 A RUSE, JAMISON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44165	Karisa Atkins		Werrington	
2	43853	Lindsy Smeekens		Colyton St Clair	
3	44175	Kiayla Casserly		Werrington	
4	43890	Stephanie Galea		Cranebrook	
5	43845	Abby Hile		Colyton St Clair	
6	43985	Emma Matthias		Emu Plains	

Event 196 Boys 14 Year Olds Triple Jump (4)**Sunday 1/12/2019 - 1:30 PM****Zone: 12.59m 2013 A GALE, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43990	Evander Kelly		Emu Plains	
2	43919	Flynn Sanders		Emu Plains	
3	43882	Brody Hull		Cranebrook	
4	43852	Lincoln Hole		Colyton St Clair	

Event 239 Girls 17 Year Olds Shot Put (3.0 Kg) (7)**Sunday 1/12/2019 - 1:30 PM****Zone: 15.98m 2012 T SENGAL, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43946	Amelia Stone		Emu Plains	
2	43980	Jessica Keene		Emu Plains	
3	44081	Shahni Edwards		Nepean	
4	44080	Sky O'Hare		Nepean	
5	44113	Tara Langford		Penrith	
6	44047	Holly Lampard		Nepean	
7	43981	Alissa Keene		Emu Plains	

Event 240 Boys 17 Year Olds Shot Put (5.0 Kg) (3)**Sunday 1/12/2019 - 1:30 PM****Zone: 14.78m 2012 C KOUSPARIS, CRANE BROOK**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44108	Corey Doyle		Penrith	
2	43838	Lucas Rose		Colyton St Clair	
3	43947	Lachlan Stone		Emu Plains	

Event 217 Girls 15 Year Olds Discus Throw (1.0 Kg) (7)**Sunday 1/12/2019 - 1:30 PM****Zone: 42.96m 2016 A PEARSON, JAMISON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43888	Anoon Kuany		Cranebrook	
2	43814	Elyzah Allan		Colyton St Clair	
3	45276	Emma Tualau		Werrington	
4	44045	Hayley Kovacs		Nepean	
5	44114	Alicia Langford		Penrith	
6	43875	Darcy Jarman		Cranebrook	
7	45275	Denise Tualau		Werrington	

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Event 218 Boys 15 Year Olds Discus Throw (1.0 Kg) (3)**Sunday 1/12/2019 - 1:30 PM****Zone: 53.36m 1990 C COONEY, PENRITH VALLEY**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	44112	Nathan O'Reilly		Penrith	
2	44086	Cruz Pagnamenta		Penrith	
3	44105	Aiden Espie		Penrith	

Event 199 Girls 17 Year Olds Triple Jump (6)**Sunday 1/12/2019 - 2:45 PM****Zone: 11.83m 2012 A RUSE, JAMISON**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43914	Keeli Brown		Emu Plains	
2	44085	Caydi McPherson		Penrith	
3	44159	Elissa Lee		Werrington	
4	44111	Alyssa Youngman		Penrith	
5	44080	Sky O'Hare		Nepean	
6	44068	Hunter Rebec		Nepean	

Event 200 Boys 17 Year Olds Triple Jump (7)**Sunday 1/12/2019 - 2:45 PM****Zone: 13.29m 2017 James Neilly, Jamison**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43842	Laud Codjoe		Colyton St Clair	
2	44190	Moses Ezekiel		Werrington	
3	44120	Trent Whitbread		Penrith	
4	43930	Toby Hamblin		Emu Plains	
5	44107	Justin O'Reilly		Penrith	
6	44108	Corey Doyle		Penrith	
7	44135	Jackson Justice		Penrith	

Event 248 Boys 14 Year Olds Javelin Throw (600 Gram) (5)**Sunday 1/12/2019 - 2:45 AM****Zone: 44.66m 2000 C FORTH, NEPEAN**

Pos	Comp#	Name	Age	Team	Seed Mark
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Flight 1 of 1 Finals

1	43882	Brody Hull		Cranebrook	
2	43933	Oliver Woods		Emu Plains	
3	43852	Lincoln Hole		Colyton St Clair	
4	43869	Toby Camilleri		Cranebrook	
5	43919	Flynn Sanders		Emu Plains	